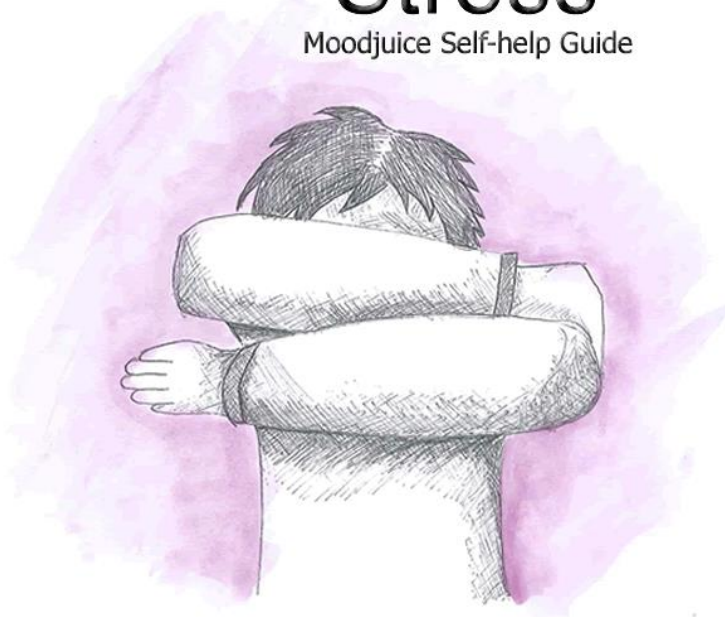


Moodjuice Self-Help Guide for Stress (linked to Anxiety)

<http://www.moodjuice.scot.nhs.uk/Stress.asp>

Stress

Moodjuice Self-help Guide



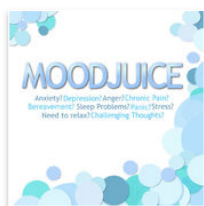
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Description

These self help and relaxation audio guides introduce common mental health problems and describe methods for overcoming them.

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