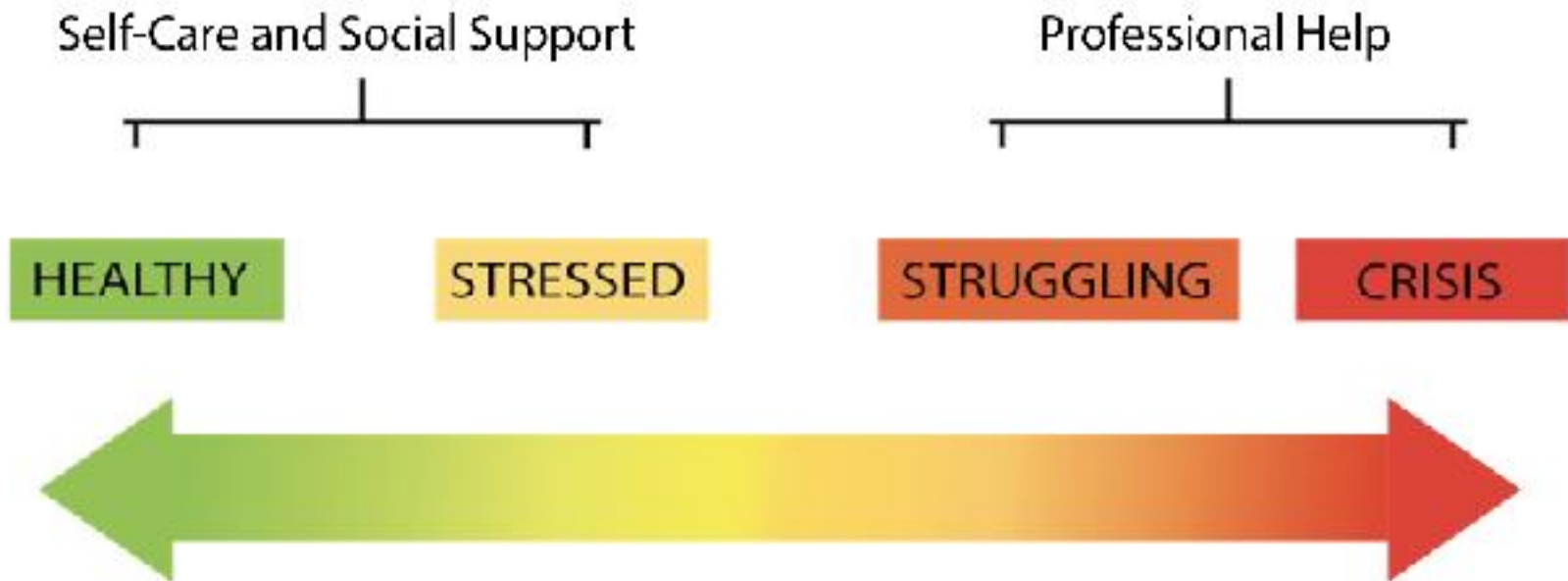


The Health Continuum



Tool that facilitates conversations about:

- well-being through self-care and social support.
- the need for additional support services (external) when struggling or in crisis.