I'm Experiencing...

What are you Experiencing?

Find out information as well as where, when, and how to find help by choosing the brain below that highlights what you are experiencing.

![Brain Diagram](image)

[1]

[Relationship Difficulties]
Sleep Issues

Brain Images By Christina Hotz, CSA Graphic Designer

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Source URL: https://www.uoguelph.ca/mentalwellbeing/panel/im-experiencing

Links
[1] https://www.uoguelph.ca/mentalwellbeing/relationship-difficulties
[2] https://www.uoguelph.ca/mentalwellbeing/sleep-difficulties