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The development of Mind Your Mood was made possible with funding from AstraZeneca Canada, through its Young Health Program, a community-investment project that aims to improve adolescent health, including the mental and emotional wellbeing of Canadian youth.

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Why Mind Your Mood is so vital Colin McKee, final year Marketing student knows from experience how much Mind Your Mood can help. He had lost a number of people, including a teenage friend, when he started to suffer from anxiety and developed a crippling fear that he was going to die.

Mind your mood : Student-led mental health campaign

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