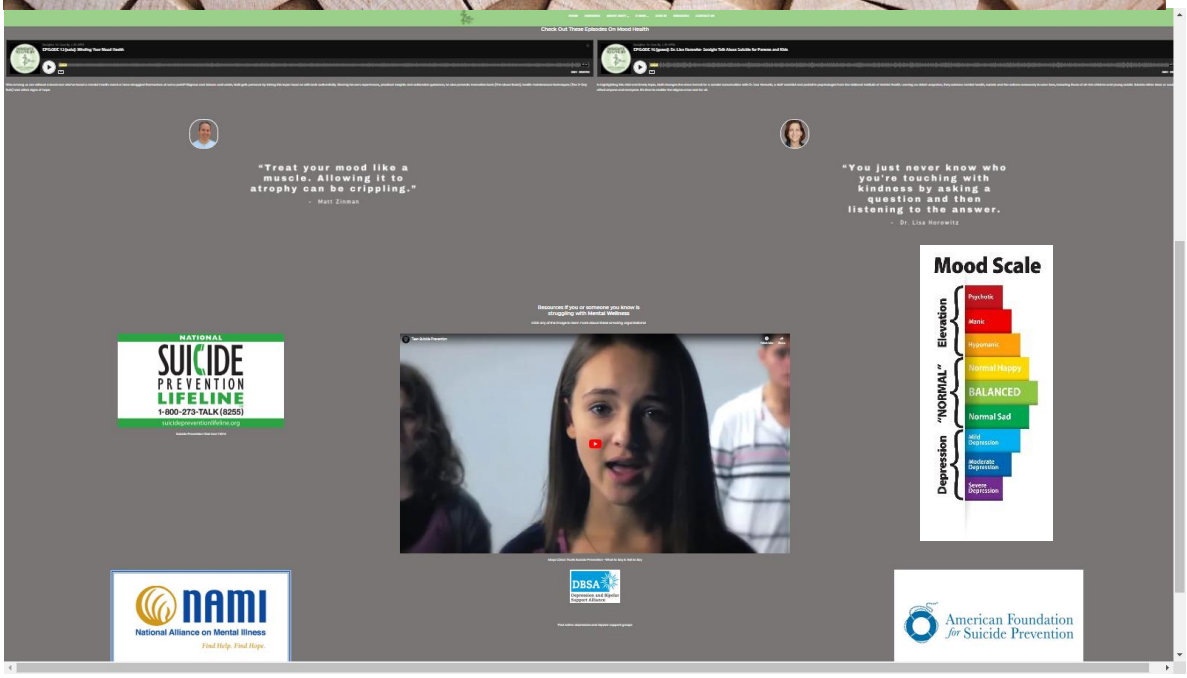
MOOD HEALTH RESOURCE PAGE

"Sometimes there's just no other way but through."

ACTIVITY: SITE VISIT TO MOOD HEALTH RESOURCES (TIME: 10 MINUTES)

On the Z-isms site at MattZinman.com is an essential page with a wealth of resources, including Matt's solo podcast, "Minding Your Mood Health." Also featured from *Insights to Live By* is his exclusive interview with Dr. Lisa Horowitz from the National Institute of Mental Health (NIMH) titled, "Straight Talk About Suicide for Parents and Kids." The page also features important links to some of the most notable organizations. Kindly visit the page to see for yourself, which will take 10 minutes at most. However, if interested, you'll see the combined podcast recordings are well worth your investment.



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