

**From:** Resources XYZ <info@resourcesxyz.com>  
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**Subject:** Mental Health Resources

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**Follow the links below to access a variety of resources related to mental health:**

[Depression](#) - Discover strategies to end depression  
[Panic Attacks](#) - Overcome anxiety and panic attacks  
[Alcohol](#) - Learn how to quit drinking today  
[Binge Eating and Bulimia](#) - Dramatically reduce your urges  
[Child Anxiety](#) - Help your child overcome their anxiety  
[Fear of Flying](#) - Overcome your fear of flying  
[Anxiety and OCD](#) - Manage fears, phobias & compulsions  
[Postpartum Depression](#) - Techniques to melt away depression  
[Personal Grief](#) - Help through the maze of bereavement  
[Heal Your Broken Heart](#) - Recover from separation or divorce  
[Social Anxiety](#) - Develop the confidence to be social  
[Anorexia - Bulimia](#) - Help your loved ones get better

## About Us

Resources XYZ provides focused and helpful resources that will improve your personal and work performance.

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