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Subject: Anxiety and Depression Resources

Follow the links below to access a variety of resources related to depression and anxiety:

[Depression](#) - Discover strategies to end depression
[Panic Attacks](#) - Overcome anxiety and panic attacks
[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

About Us

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

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