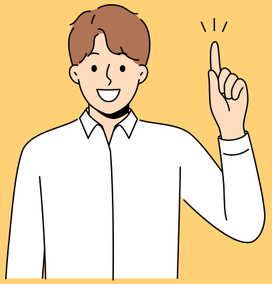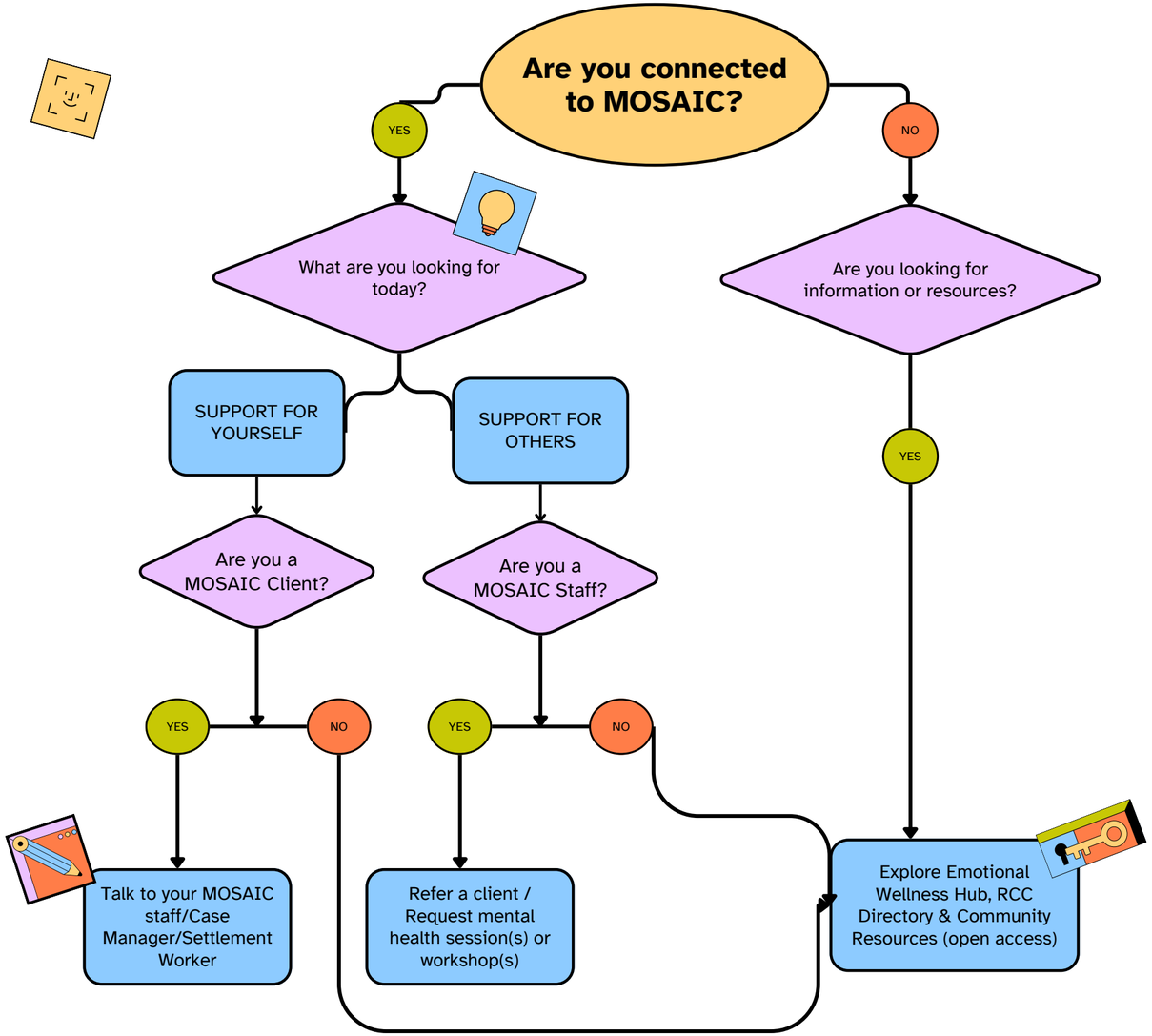Mental Health & Wellness Program — Where Do I Start?