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Stress - Self Help Guides

Self help guides are produced by the Northumberland, Tyne and Wear NHS Foundation Trust and the Moodjuice website.

The Northumberland, Tyne and Wear guide can be downloaded from www.ntw.nhs.uk/pic/selfhelp and the Moodjuice one from www.moodjuice.scot.nhs.uk/stress.asp.





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