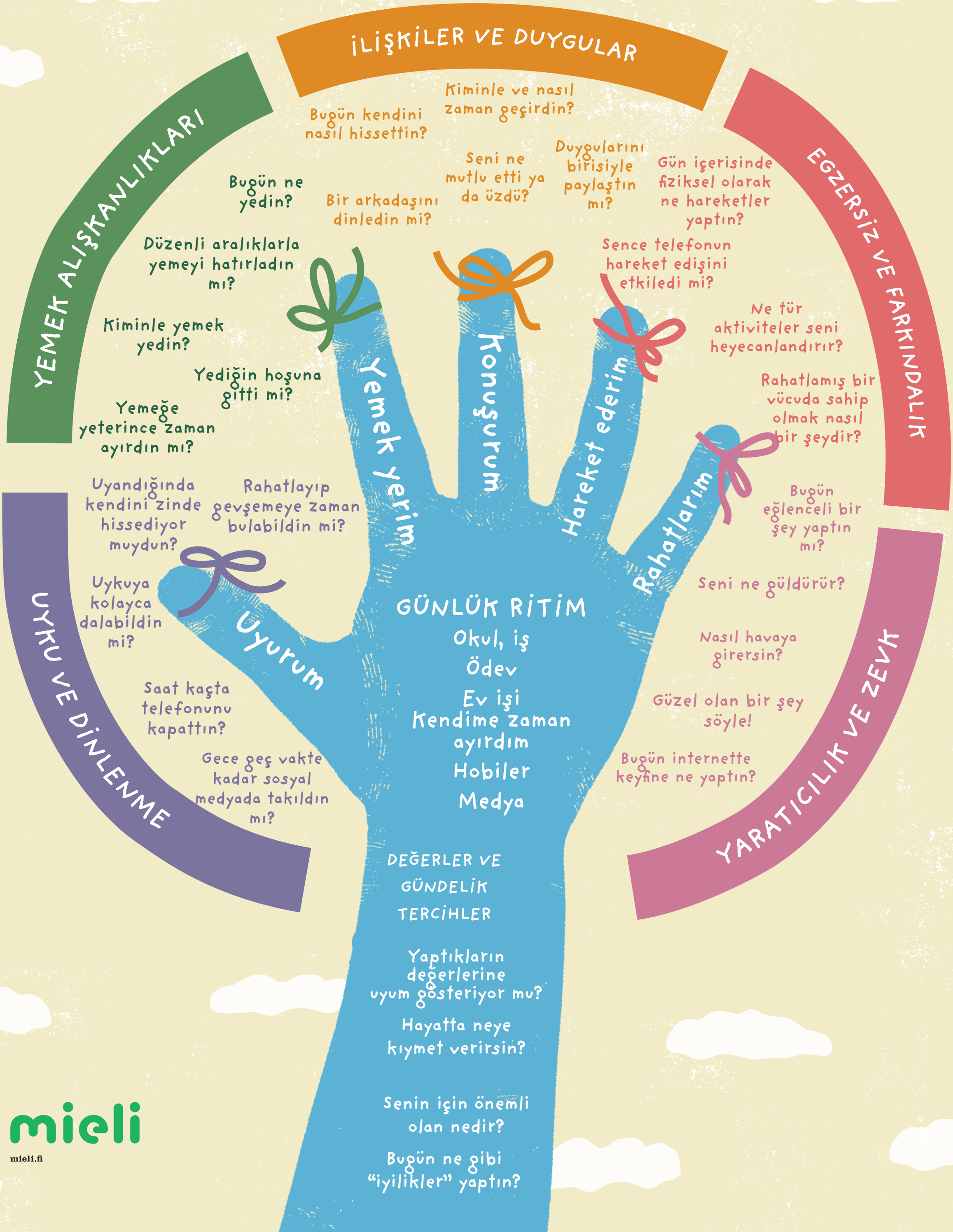
ZİHİNSEL SAĞLIK ELİ

Günlük tercihleriniz zihinsel sağlığınızı nasıl etkiler?



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