



مستشفى الملك فيصل التخصصي ومركز الأبحاث
King Faisal Specialist Hospital & Research Centre
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Self-Care Tips

It's very important to take care of yourself during times of distress.

Here are some tips from Mental Health Section at KFSH&RC-J



Limit your exposure to trusted resources for specific time of the day.

Designed by: PMA

It's The Right Time to be Positive