Eating Recovery Center and Insight Behavioral Health Centers present

Mental Note

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Our ERC podcast, Mental Note shares diverse stories of mental illness struggles as we introduce you to relatable personalities with in-depth conversations into how they chose health amidst daunting illnesses. At the end of it all, this podcast provides hope that recovery is possible - and worth it!

To meet our story tellers and to receive exclusive content visit mentalnotepodcast.com to sign up for e-newsletters!

Eating Recovery Center
@eatingrecovery
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