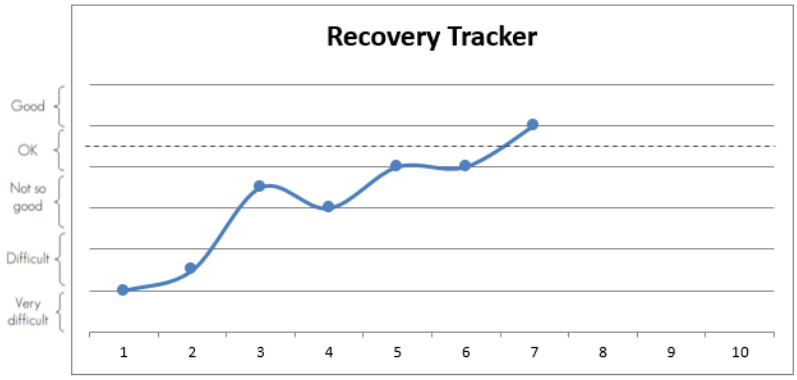

Sara's Recovery Tracker

Sara's Story

I started getting some counselling. I took some rest. I visited some good friends I hadn't seen in a while. I used the tracker every week. And slowly things started to get better.