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Having healthy relationships from the start

Forging new relationships is one of the best things you can do to improve your well-being, especially after many months of limited socialization. Whether it's making new buddies or romantic partnerships, using good communication skills is key to making your relationships stronger and more satisfying.

[Find out more](#)



Conflict-free money talks for couples

Financial discussions are the most common



Breast cancer: Know your risks

Each year in the United States, about 255,000

source of disagreement for couples, studies show. These conversations can be particularly stressful in a time of economic uncertainty, job loss and other disruptive events. Try these suggestions for healthier financial discussions, no matter what your circumstances.

[Find out more](#)

women are diagnosed with breast cancer and 42,000 women die from the disease. While women get breast cancer much more frequently than men do, about 1 in every 100 breast cancer diagnoses in the U.S. is found in a man. Many factors can increase your risk of breast cancer—some that you cannot change, and others that you can.

[Find out more](#)

October is National Domestic Violence Awareness Month



One in four women and one in ten men in the U.S. experience intimate partner violence within their lifetime. No person should be subjected to the physical or emotional pain, fear, shame, and humiliation that an abusive intimate partner relationship produces. If you or a loved one need help, reach out to the **National Domestic Violence Hotline at 1-800-799-SAFE (7233)**—you can call, text or chat with an advocate 24/7. Or call 911.



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24/7 Support

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