

An illustration featuring a woman in a red shirt and a man in a white lab coat. They are both holding large white puzzle pieces. In the background, there is a stylized brain graphic composed of puzzle pieces, with several plus signs scattered around it. A green monstera leaf is positioned at the bottom center of the scene. The entire illustration is set against a dark grey gradient background.

## Salud mental: 5 consejos prácticos para cuidarla