



# RESOURCES AND SUPPORT

Have a wonderful  
summer break. We will  
miss you.

You are important to us.  
Remember there are always  
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If you aren't sure, you can always  
ask a trusted adult for help

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## Hotlines



24/7 CALL, TEXT, CHAT



## Awesome Apps



Headspace



Breathing Zone



I am-Daily Affirmations



Music Zen



Tide-Meditation & Sleep



Happify



Calm



Virtual Hope Box



Three Good Things



Motivation-daily quotes

## Community Resources



Teen Center  
YMCA  
Rec Department



## Counseling

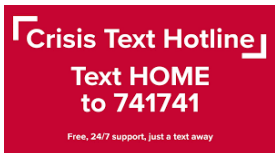
PerformCARE



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