

### **Mental Health Resources for Students:**

***These resources are available to you in addition to the resources you have amongst your parents/guardians, family members, any/all trusted adults, to include school support staff, any assigned outside provider(s), faith organizations, etc.***

- If you or someone you know is in known or suspected danger and is in need of assistance, contact [911 immediately](#).
- If you require crisis intervention/community support services/referral information, you can contact: [211/Mobile Crisis](#), website here: <https://www.empsct.org>
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: [1-800-985-5990](#) OR text with them by texting **TalkWithUs** to 66746. (TTY 1-800-846-8517)
- If you or someone you know may need emotional support, you can visit the Suicide Prevention Lifeline's website at [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org) for helpful resources or call [1-800-273-TALK \(8255\)](#). The Lifeline is free, confidential, and available to everyone in the U.S. *You do not have to be suicidal to call the Lifeline.* You can also access Vibrant Emotional Health's Safe Space website for virtual social/emotional support here: [vibrant.org/safespace](https://vibrant.org/safespace)
- For LGBTQ+ students, resources are available via the website Q Chat Space, a digital LGBTQ+ center where teens join live-chat, professionally facilitated, online support groups, link here: <https://www.qchatspace.org>

You can also access social/emotional support via The Trevor Project, a national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people under 25, link here: <https://www.thetrevorproject.org>

- For FREE mindfulness, self-care and meditation resources, you can access the below links:
  1. [Insight Timer](https://insighttimer.com/) - <https://insighttimer.com/> - with over 25,000 guided meditations, free talks, podcasts, and the option of being able to “see” fellow meditators on the app. that live near you!
  2. The [Smiling Mind](https://www.smilingmind.com.au) - <https://www.smilingmind.com.au> - this free app features hundreds of meditations, enough to keep you engaged without overwhelming you

with choice! They are organized into structured programs, as well, such as, “Relationships,” and, “Sleep.”

3. [Stop, Breathe & Think](https://www.stopbreathethink.com) - <https://www.stopbreathethink.com> - this free app creates a “more deliberate, intentional experience.” There is a section called, “Learn to Meditate,” which explains what mindfulness is/why it’s beneficial, [including some of the neuroscience and physiology behind it](#) - Each time you open the app, you’re asked, “How are you?” and invited to check in with yourself—to rate your mind and body on a scale of “rough” to “great,” and note up to five emotions you’re feeling. Then the app will recommend meditations, mindful walks, and even acupressure videos tailored to how you feel!
  4. [UCLA Mindful](https://www.uclahealth.org/body.cfm?id=3575&fr=true) - <https://www.uclahealth.org/body.cfm?id=3575&fr=true> - This free app offers Wellness Meditations for people suffering from challenging health conditions, informative videos exploring how to get started, supportive meditation postures, and the science of mindfulness, weekly podcasts from UCLA's Hammer Museum-- a 30 minute meditation on different themes you can search for and bookmark, and a timer to meditate on your own!
  5. The beloved CALM app now offers FREE resources due to COVID-19, see link: [Get Free Resources](#) , and the content here has been tailored specifically to support users’ mental and emotional wellness through this time.
- 
- If you are a Woodbridge/Bethany resident and would like additional community supports, you can inquire at Woodbridge Youth Services via their website, listed here: <https://www.woodbridgect.org/160/Youth-Services>
  - If you are an Orange resident and would like additional community supports, you can inquire at Orange Youth Services via their website, listed here: <https://orange-ct.gov/791/Youth-Services>

\*\*It is important that you remain educated on Covid-19, however, I implore you all to make sure you receive and send information on it from accredited sources. That said, the site I will be recommending to you all, should you have specific questions regarding symptoms, transmission, etc., will be via the Center for Disease and Control’s website (CDC) here: <https://www.cdc.gov>

