

FREE APPS TO HELP WITH SELF-CARE

Headspace is an app that offers different activities to help reframe and cope with stress as well as provide relaxation and meditation resources.

Calm in the Storm is an app that is also free (with options to pay to upgrade) that provides strategies and activities including breathing, guided imagery, progressive muscle relaxation and more.

Calm is an app where you can make a free account to utilize resources similar to those above.

Clear Fear is a free app that helps people work through anxiety and provides concrete and in-the-moment strategies to help with coping with stress.

SUPPORT IN A CRISIS

If you feel like you or someone you know need Mental Health support, please see your school counselor or a trusted adult.

The following are community resources available to all that answer 24/7:

Resolve Crisis Services: (888) 796-8226

Allegheny County's crisis line where support can be available via telephone, a team coming to the person or a walk-in clinic

Crisis text line: Text PA to 741741 from anywhere in the United States, anytime, about any type of crisis to initiate a conversation with a trained professional counselor

National Suicide Prevention Lifeline: 1-800-273-8255

ONGOING SUPPORT

Did you know that you can refer yourself for more support?

Please see your teacher, Mrs. Goodyear or Mrs. Zylinski to discuss available supports such as BAT or enrolling in our School-Based Therapy program.

COUNSELORS:

Mrs. Goodyear
School Counselor
Students Last Names A-L

Mrs. Zylinski
School Counselor
Students Last Names M-Z