

For Students

A new school year can be both exciting and stressful. Free resources are available to support your mental health throughout the year. You don't have to go it alone.



Support your mental health on your terms. **Soluna** is a free app offering confidential support for 13- to 25-year-olds. Chat with a professional coach, discover interactive tools and more. No insurance needed.

You are never a bother. Whether it's a low point, a crisis, or something you can't exactly put into words, get help for yourself or a friend at [Neverabother.org](https://www.Neverabother.org).

Healing strategies, also known as **Stress Busters**, can help you deal with stress now, and have a healthier future. Try this music meditation, and then check out the other ways you can start healing at [livebeyondca.org](https://www.livebeyondca.org).

Need Crisis Support Now?

If you or someone you care about is experiencing thoughts of suicide, **access free, 24/7 support by calling 988**. Confidential and judgement free. Available in English and Spanish.

Need a listening ear?

Talk about anything with youth who can relate - whether its a rough day at school, relationships issues or a mental health crisis.

TEEN LINE
A program of DIDI HIRSCH
Call 800-852-8336
6-10pm* PT OR
Text TEEN to 839863
6-9pm* PT
(Staffed by trained teams)

*Calls and Texts will be redirected to **988** after hours.

Music Meditation



Listen to this [Spotify Playlist](#) to get you started.

- Find a quiet space and relax into a comfortable position.
- How does the song make me feel emotionally?
- What are some sounds I might not have noticed?
- How does my body feel?
- Pick one of your favorite songs or create a playlist.

WHY MUSIC MEDITATION?

Music can lower our heart rate and release endorphins, also known as the "feel good" hormones.