

## For Students

Life 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.



You are never a bother. Whether it's a low point or a crisis get help for yourself or a friend at [Neverabother.org](https://Neverabother.org).



Healing strategies, also known as Stress Busters, can help you deal with stress now, and have a healthier future. Check out ways you can start healing at [livebeyondca.org](https://livebeyondca.org).



Find resources to balance your stress and get ahead of your breaking points. Learn to make a pause plan at [takespacetopause.org](https://takespacetopause.org).



[Mirror](#) is a free, confidential digital journaling app co-developed with teens designed to enhance mental wellness for youth.

### 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.



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.**