

Winter Break Mental Health Guide

For some, winter breaks bring a sense of relaxation and relief, where schoolwork has given way to excitement and family time. For others, winter break can mean new struggles due to a lack of access to resources and support they find within the school setting. We are mindful that school breaks can bring both positive and negative effects depending on the young person. Here is a guide with resources to help give our students and their families the best chance at success and mental well being over winter break.

Self-Care

If you're feeling down, do something you enjoy like...

- Go for a walk
- Journal
- Exercise
- Spend time with friends/family
- Call a friend
- Take a nap
- Meditate
- Color/Draw/Paint
- Read
- Listen to Music
- Dance
- Spend time Outside
- Watch TV/Movies
- Organize your room
- Bake/Cook

(find even more ideas/resources at www.yourlifeyourvoice.org or www.TWLHA.com)

Free Apps

- Insight Timer (meditation/mindfulness)
- Alan Mind (Self-care journal)
- Routinery (helps form/maintain routines)
- Mindshift | Clear Fear (helps anxiety)
- Calm Harm (manages self-harming urges)
- Better Stop Suicide (for suicidal thoughts)

Mental Health Hotlines

- Jason Foundation: 1-800-273-TALK (8255), or text "Jason" to 741741.
- CLEAR Warmline (Non-Suicidal): 1-800-945-1355 (4-10pm)
- S.A.F.E. Alternatives (self-harm): 1-800-366-8288
- Trans Lifeline: 877-565-8860
- Trevor Project Lifeline (LGBTQ+): 1-866-488-7386
- Mental Health/Substance Abuse Crisis (Call or Text 24/7): 988
- SAMSHA (Substance Abuse/Mental Health): 1-800-662-HELP (4357)
- CPE Mobile Crisis (SWFL 24/7): 844-395-4432



