

Summer 2023

Mental Wellness Toolkit

Sandra Madrigal - MSD Student Services Coordinator : Call/text 360.913.2564

Applications and Wellness videos	Mental Health Youtube Videos
<input type="checkbox"/> Mindshift <input type="checkbox"/> PTSD Coach <input type="checkbox"/> Whats up? <input type="checkbox"/> Shine (culturally friendly) <input type="checkbox"/> I Am (positive affirmations)	<input type="checkbox"/> Managing your anger <input type="checkbox"/> A-Z Coping Skills <input type="checkbox"/> 54321 Grounding tools <input type="checkbox"/> Teens discussing Mental Health <input type="checkbox"/> Teen Health <input type="checkbox"/> MSD Wednesday Wellness videos
Community Events	Local resources
<input type="checkbox"/> Marysville Movies in the Park <input type="checkbox"/> Sounds of Summer <input type="checkbox"/> Marysville 4th of July <input type="checkbox"/> Marysville Farmers Market <input type="checkbox"/> Marysville Strawberry Festival <input type="checkbox"/> Arlington Farmers Market <input type="checkbox"/> Lake Stevens Aquafest	<input type="checkbox"/> Marysville Food Bank <input type="checkbox"/> MSD Summer Meals <input type="checkbox"/> LincNW Community Resources <input type="checkbox"/> Call 211 <input type="checkbox"/> Marysville Summer Camps <input type="checkbox"/> Sno-Isle Library <input type="checkbox"/> Salvation Army

Emergency numbers

You are not alone.

There are people who care and want to help.

- Call or text: 988
- The Trevor Project - Text 'START' to 678-678 or call 1.866.488.7386
- VOA Crisis support - 1-800-584-3578
- Smokey Point Behavioral Health- 360-651-6400
- Cocoon House *Safe Place* Text the word "safe" and your current location (address, city, state) to 4HELP (44357)



Marysville
School District