



Student Support Resources

School is out for the summer. Teachers, Counselors and Social Workers are out for the summer too. While you may have looked forward to the break, with all that is going on in the world and your life, you may feel that you need some extra support. We hope that the resources listed below will be helpful.

Crisis text line: 741741 to connect with a crisis counselor

Maine Crisis hotline: Need Help with a Mental Health Crisis? Suicide prevention? Available Statewide. Call 24 hours a day, 7 days a week. Trained crisis call specialists. Access to trained mobile crisis specialists that can come to you. **Call: 1-888-568-1112**

Domestic violence hotline: 800-537-6066

Sexual Assault Support Services of Midcoast Maine:

<https://www.sassmm.org/help-now.html> 1-800-871-7741 (text or call)

Information for all mental health, medial, housing, civil rights: call 211

Teen text warm line: 207-515-TEXT

LBGTQ- Trevor Project: 866-488-7386 or text START to 678 678

As always, if there is an emergency, call 911

What Else You Can Do To Self-Care



YouTube Self Care Libraries

[Zen Music](#)

[1-2 Minute Meditations](#)

[3-5 Minute Meditations](#)

[15-20 Minute Meditations](#)

[Yoga Videos](#)

[Breathing Videos](#)

More Ideas

1. Listen to music	25. Go outside and watch nature	49. Go outside and watch the clouds
2. Take a shower	26. Make a list of things you like about you	50. Make a playlist of funny movies
3. Talk to a friend	27. Write a poem/short story	51. Turn up the music and dance
4. Watch a movie	28. Learn a new language	52. Make a list of people you look up to
5. Read a book	29. Sing your favorite songs	53. Practice deep breathing exercises
6. Go for a walk	30. Write a song	54. Walk barefoot in grass
7. Ride your bike	31. Learn to play an instrument	55. Read an inspirational book
8. Exercise	32. Make a funny video	56. Write in a gratitude journal
9. Play with your pet	33. Draw or paint a picture	57. Do an arts and craft activity
10. Stretch your muscles	34. Make a list of your accomplishments	58. Start an art journal
11. Do yoga	35. Make a bucket list	59. Have a good laugh
12. Meditate or pray	36. Write a letter to your future self	60. Draw or color Zentangles
13. Talk to a friend on the phone	37. Make a list of things you're good at	61. Draw or color Mandalas
14. Get a hair cut	38. Work outside in nature	62. Unplug and spend time in nature
15. Take a nap	39. Plant a garden	63. Go stargazing
16. Go for a jog	40. Make a scrapbook	64. Make a fairy garden
17. Write in a journal	41. Eat your favorite dessert	65. Look at family photo albums
18. Go for a swim	42. Take photos of nature	66. Read inspiring quotes
19. Go for a hike	43. Make a playlist of your favorite songs	67. Listen to running water
20. Try a new activity	44. Do a puzzle	68. Snuggle under a cozy blanket
21. Play board games	45. Go to the bookstore	69. Fly a kite
22. Play card games	46. Google information about a different culture	70. Make jewelry
23. Play a video game	47. Watch funny cat videos	71. Blow bubbles and be silly
24. Cook with your parent	48. Read a comic	72. Daydream