## **RESOURCES & SUPPORTS**

## **National Suicide Prevention Lifeline**

1-800-273-TALK (8255)

For mental health emergencies, call:

**Mobile Crisis** 215-683-6440

Philadelphia Children's Crisis Response Center

215-878-2600





## Philly HopeLine Hope Is Only A Call Away

**CALL FOR FREE:** 

1-833-PHL-HOPE

(1-833-745-4673)

SERVICES

- Free grief and loss support
- · Counseling for COVID-19 related losses
- Emotional support
- New: Dedicated grief support hours for Spanish speaking and grieving LGBTQ+ youth

**SCHEDULE** 

Mondays - Fridays 10 a.m. - 8 p.m.

Holidays 12 p.m. - 4 p.m.

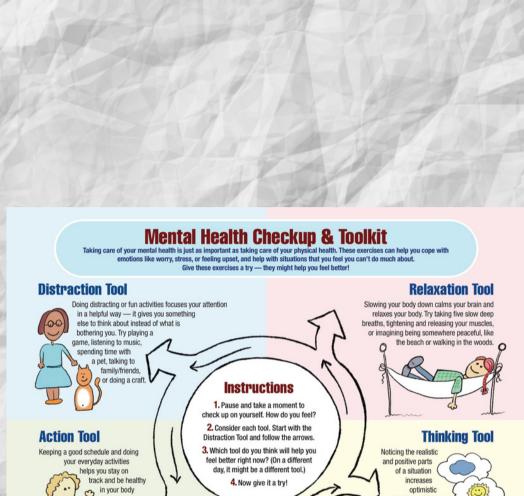
Spanish Language Hours Thursdays 1 p.m. - 4 p.m. & Fridays 10 a.m. - 1 p.m.

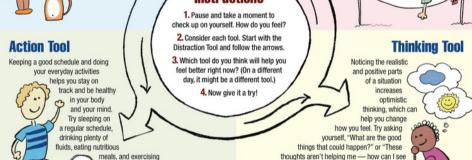
Queer and Trans Youth Thursdays 4 p.m. - 8 p.m. **Support Hours** 

Grief and Emotional & Fridays 1 p.m. - 4 p.m.

**ABOUT US** 

The Philly HopeLine is an award-winning free, confidential helpline sponsored by Uplift Center for Grieving Children and the School District of Philadelphia. It is staffed by Masters's level clinicians from Uplift, and is open to all Philadelphia students and families. Our interpretation line offers translations into over 100 languages.





this differently?"

By Sara E. Williams PhD and Nicole E. Zahka PhD More fun stuff: https://dreamaplay.com

meals, and exercising

every day!

## Apps and Websites that Support Mindfulness, Relaxation, and Calming Thoughts:

- Lumosity Mind Meditation
  App
- www.headspace.com
- https://jour.com/ (Journaling App)
- https://my.life/
- https://insighttimer.com/
- Dhyan Vimal Online
  Meditation