

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



THE SCHOOL DISTRICT OF
PHILADELPHIA



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
Grief and Emotional
Support Hours** Thursdays 4 p.m. - 8 p.m.
& 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.

Mental Health Checkup & Toolkit

Taking care of your mental health is just as important as taking care of your physical health. These exercises can help you cope with emotions like worry, stress, or feeling upset, and help with situations that you feel you can't do much about. Give these exercises a try — they might help you feel better!

Distraction Tool

Doing distracting or fun activities focuses your attention in a helpful way — it gives you something else to think about instead of what is bothering you. Try playing a game, listening to music, spending time with a pet, talking to family/friends, or doing a craft.



Relaxation Tool

Slowing your body down calms your brain and relaxes your body. Try taking five slow deep breaths, tightening and releasing your muscles, or imagining being somewhere peaceful, like the beach or walking in the woods.



Instructions

1. Pause and take a moment to check up on yourself. How do you feel?
2. Consider each tool. Start with the Distraction Tool and follow the arrows.
3. Which tool do you think will help you feel better right now? (On a different day, it might be a different tool.)
4. Now give it a try!

Action Tool

Keeping a good schedule and doing your everyday activities helps you stay on track and be healthy in your body and your mind. Try sleeping on a regular schedule, drinking plenty of fluids, eating nutritious meals, and exercising every day!



Thinking Tool

Noticing the realistic and positive parts of a situation increases optimistic thinking, which can help you change how you feel. Try asking yourself, "What are the good things that could happen?" or "These thoughts aren't helping me — how can I see this differently?"



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

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/>
- Dhyhan Vimal Online Meditation