

Hello Paradise Unified Families and Students!



The summer is here, school is out, but that does not mean healthy support is gone! The Paradise Unified Counseling Team has gathered a list of resources you can use FREE all summer long.

Check out the list below, stay cool, stay safe, and we'll see you in the Fall!!

MENTAL HEALTH APPS

The first group of resources are mental health apps where you can get tips on wellness, relaxation, stress management, crisis support, and suicide intervention. Whether you're in need of help or just want to change things up, these apps will have something for you.

Soluna – Soluna is a confidential support for 13-25 year olds in California. It offers Professional Coaching, 1-on-1 chat, interactive de-stress tools, mental health quizzes, and so much more. <https://solunaapp.com/>



BrightLife Kids – BrightLife Kids was created by parents to offer free mental health coaching to parents and students 0-12 years old. It offers coaching for parents and preteens, relationship skill-building, and confidence boosts. <https://www.hellobrightline.com/ca-families/>



Healthy Minds – Health Minds was voted Best Meditation App in 2021 by the New York Times. It offers skill development in four pillars of: Awareness, Insight, Connection, and Purpose. No age restrictions and free to use <https://hminnovations.org/meditation-app>

Smiling Mind – Smiling Mind is another meditation app, developed to support children and teens in their mindfulness journey. It has cool animations, is easy to use, and offers a 35-session beginner course at no cost! <https://www.smilingmind.com.au/smiling-mind-app>

Yellow Ribbon – Yellow Ribbon is a suicide prevention app. It provides students with warning signs and crisis numbers for themselves or someone they know. No age restrictions and free to use. <https://yellowribbon.org/>

HOTLINES & WARMLINES

Our next group of resources are hotlines and warmlines in California. A hotline is helpful when you or someone is in *crisis* and need a *professional*. A warmline is helpful

when you or someone is going through a *rough patch* and a *peer*. The lines listed below are all free to use and confidential:

Hotlines

Suicide & Crisis Lifeline

Call or text: 988

Open: 24hrs/7days

Self-harm Crisis Text Line

Text: CONNECT to 741-741

Open: 24hrs/7days

Website: <https://www.crisistextline.org/help-for-self-harm/>

Warmlines

Northern Valley Talk Line

Call: 1-855-582-5554

Open: Every day, 4:30-9:30 pm

Website: <https://nvcss.org/programs/northern-valley-talk-line/>

The California Peer-Run Warm Line

Call: 1-855-600-WARM (9276)

Live Chat: <https://www.mentalhealthsf.org/warm-line/>

Open: 24hrs/7days (Allowed 3 contacts per day)

National Alliance on Mental Illness

Call: 1-800-950-6264 or text "Helpline" to 62640

Open: 7am – 7pm, M-F



SUMMER FUN

Our final group of resources are excellent, local agencies serving our Paradise Ridge Community. These agencies offer fun summer activities, camps, hikes, and more – all you need to do is sign up and show up!

The Boys & Girls Club Teen Center – Most of you know that they are located on the Skyway, but you might not know that if you go online and sign up before school is out, it's

free. They will waive the \$100 membership for the year! *Sign up here*
<https://bgcnv.org/club-services/paradise/>

Paradise Ridge Chamber of Commerce Party in the Park Music and Marketplace, Wednesdays 6/12-7/31, (5:30-8:30). Check out their calendar for other events happening during the summer! <https://business.paradisechamber.com/events>

Paradise Recreation and Park District – Read up on their monthly events, *youth camps (Camp Nintendo Switch?!), and more <https://www.paradisepd.com/>