

Mrs. Whelan's Resources In Case of Closure

In the event that school is closed for an extended period of time, you are welcome to contact me by email. I will check my email regularly.

My email address is kwhelan@hpregonal.org.

Below are some mental health resources you may also find helpful.

2nd Floor Youth Helpline (call or text)

- 888-222-2228

Crisis Text Line

- Text HOME to 741741

National Suicide Prevention Lifeline

- 800-273-TALK (8255)

Free Mental Health Apps

- The following apps contain resources and activities for managing emotions and stressful situations:
 - Breathe2Relax
 - Guided deep breathing for stress reduction
 - What's Up?
 - General coping strategies, uplifting quotes, grounding/breathing exercises, and journaling tools
 - Mind Shift
 - Tools for balancing your thinking to better manage anxiety
 - Clear Fear
 - Tools for managing anxiety and worry
 - Calm Harm
 - Tools for managing urges to self-harm

If at any time you are experiencing a true mental health emergency, please call 911 or go to your nearest emergency room.