

Summer Mental Health Resource List for Students

Online/Apps:



[TeensHealth](#) - Information for mind, body, relationships and more



[Happify](#) - Tools and programs to help you take control of your feelings and thoughts



Mental Health America:

[Overcoming Thoughts](#) - Helps with skills to overcome a thought you struggle with

[Managing Frustration and Anger](#) - Worksheet to help you understand and manage these emotions



[QChatSpace](#) - Online discussion groups gives a safer space to meet other LGBTQ+ and questioning teens (13 to 19 years old) and discuss topics relevant to your identities and experiences



[Equoo](#) (app) - A game that teaches skills in a fun way to deal with emotional and mental stressors in a healthy way



[NotOKapp](#) (app) - A free app that takes the guesswork out of asking for help when you're feeling vulnerable



[Wysa](#) (app) - Helping users self-manage stressors by blending AI-guided listening with professional expert support. Anonymous, Available 24/7

Crisis Resources:



[Safe2Tell](#) - 1-877-542-7233



[Hope Center](#) - 970-925-5858



[Colorado Crisis Line](#) - 1-844-493-8255 or text 38255

****CMS has reviewed the apps and websites on this page as potential resources for reducing stress, anxiety, and strong emotions. Parents and students should be aware that the district does not have a data privacy agreement in effect with any of the vendors of any of these apps or websites. Sharing data, then, is the sole choice and responsibility of the individual choosing to share that information, and that individual must make their own informed choice about what information to share. The district does not endorse any particular app/website listed on this page, and it is possible that there are apps/websites better suited for individual problems. The resources on this page are simply suggestions to get you started.**