

MH & Wellness Resource

(This page will continue to be updated with newest information at the bottom)

Message to Students:

STUDENT ACTIVITIES

[Student Activities](#)



TRAUMA RESPONSIVE EDUCATIONAL PRACTICES PROJECT

[Home](#) [COVID-19 Resources](#) [About Us](#) [Professional Learning Community](#) [Resources](#)

[TREP Project - A Moment For Nature's Mindfulness](#)

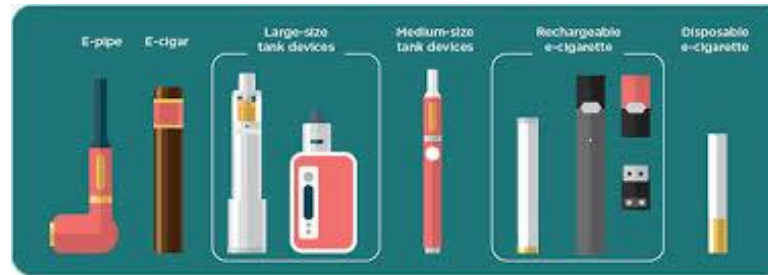
Supporting our children
manage stress and calm fears with
changes resulting from COVID-19



[OASAS - Supporting our children](#)



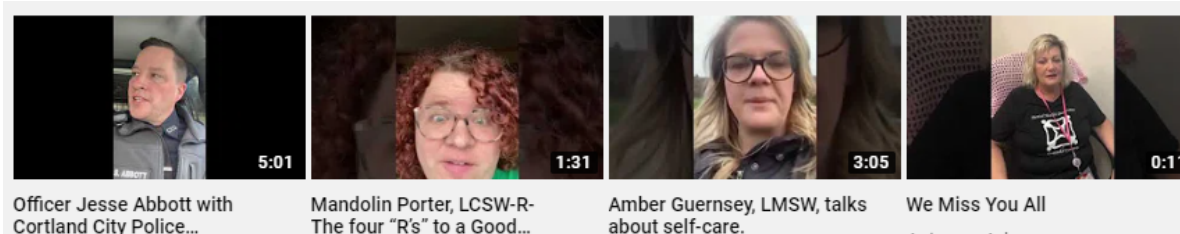
Be Sure to Have a GROWTH Mindset: [Aperture Ed - In our program we say...](#)



[Vaping E-cigarettes Fact Information](#)



[Virtual Support Group - Tobacco Cessation](#)



[Video Messages and Support from Cortland County Mental Health Providers](#)

VIRTUAL GSA MEETINGS

[Virtual GSA Meetings](#)

**SUPPORTING
OTHERS**



[Supporting Others](#)

OWNING YOUR FEELINGS



[Owning Your Feelings](#)

CREATING HEALTHY ROUTINES



[Creating Healthy Routines](#)

Self-Help Groups Online:

AA Intergroup Online Meetings: <http://aa-intergroup.org/directory.php>

Al-Anon Online Meetings: <https://al-anon.org/al-anon-meetings/electronic-meetings/>

NA Online Meetings: [http://na-recovery.org/Narcotics Anonymous Recovery Chat Online Meeting Home.html](http://na-recovery.org/Narcotics_Anonymous_Recovery_Chat_Online_Meeting_Home.html)

NYS Emotional Support Line: 1-844-863-9314

Crisis Text Line: Text "Got5" to 741-741

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

NYS HOPEline: 24/7 Help with Addiction, Substance Use, and Gambling

Call 877-846-7369 | Text HOPENY (467369)

New York State Domestic Violence Hotline: 1-800-942-6906

New York State Domestic Violence Text Line: 1-844-997-2121