Mindfulness Resources

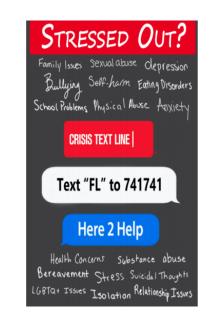
- Link regarding for 5-3-1 and center of healthy minds
 - https://centerhealthyminds.org/join-the-movement/try-the-5-3-1-practice
 - Resource from FAU assistant professor Dr. Opalinski Take Care of Me Checklist attached
- BeStrong App Nationally recognized program with numerous resources. Ashliegh Cromer Executive Director
- Jenna Muniz Mindfulness Liason District Alert flier attached
 - Has a variety of resources for stress relief and mindfulness activities

Mental Health & Wellness

Online Resources

- Be Strong App
- Crisis Text Line
- 2.1.1 Broward









Mental Health and Wellness

- The School Counseling Department & Family Counseling Program has begun providing confidential, secure telehealth services via the Microsoft Teams platform.
- Mental Health Helpline (754-321-HELP) is available Monday – Friday from 8am-4pm after hours call Broward 211 (954-537-0211)
- Please download and use the Be Strong App for a variety of resources