

Bartram

YOUR GO TO

WINTER BREAK RESOURCE LIST

Crisis Hotlines & Hospitals

- **Philadelphia Suicide Services**(for referrals, support, and mobile crisis): 215-686-4420
- **Suicide & Crisis Lifeline:** Call or text 988, or call 1-800-273-TALK (8255)
- **Philadelphia Domestic Violence Hotline:** Call 1-866-723-3014
- **The Trevor Project** (crisis support services to LGBTQ young people): Call 866-488-7386 or text 678678
- **Children's Hospital of Philadelphia (CHOP) Behavioral Health & Crisis Center:** For more information, [CLICK HERE](#)

Self Care

- **Inner Strength App** (**Free** App to practice self-care and mindfulness activities and keep yourself in good spirits): To get connected, [CLICK HERE](#)
- **Promoting Adolescent Student Health Program (PASH):** A fillable guided journal to help you explore your thoughts and feelings, to get connected, [CLICK HERE](#)

Additional Resources

- **JBHS STEP Webpage:** To access information about additional resources such as **food, medical, shelter**, etc., then [CLICK HERE](#)

Have A Safe Break