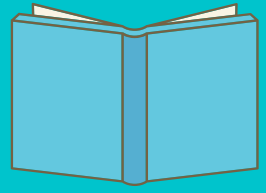




RESOURCES FOR TEENS

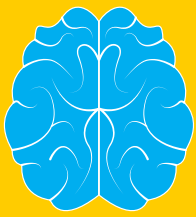


to stay positive, healthy and connected during COVID-19 crisis

Go to epl.org for upcoming virtual activities!

MENTAL HEALTH

Anxiety and stress are high in this time. Plus teens are made for connection not isolation! Check out these resources for managing your mind and emotions



- **Talk Space** Online Mental Health Counselors and resources for youth during COVID-19
- **Text HOME to 741741** to connect with a Crisis Counselor- specifically anxiety about Corona.
- **@dlcanxietysupport** Largest Anxiety Support Platform Break FREE from ANXIETY and PANIC

RESOURCES FOR ASSISTANCE



- **Disaster Distress Hotline:** Call 800-985-5990 or text TalkWithUs to 66746 They are there to talk & text for man-made or natural disasters, such as coronavirus
- **Struggle Meals** On both snapchat and youtube, shows you how to make various meals, all for under \$2 a portion.

RELATIONSHIPS

LOVE is important to all of us, especially teenagers. How can we nurture our relationships right now.



- **Teen Talk 2020:** Sex, Love, Relationships and More
- **Sarah's Inn:** Text 708-792-312 for domestic violence help
- **Love is Respect:** relationship violence 1-866-331-9474, chat at www.loveisrespect.org or text loveis to 22522

FUN PODCASTS

Want to listen to something purely entertaining or creepy? Check these out!



- **The Breakfast Club:** The Breakfast Club features DJ Envy, Angela Yee, and Charlamagne Tha God tackling pop culture and political madness, especially blowups related to race and diversity.
- **#WhoWouldWin:** Oh, like you've never wanted to know who would win in a battle to the death...These feisty debates are scientifically researched – and super fun to listen to.

OTHER THINGS YOU DO TO KEEP YOURSELF HEALTHY, CONNECTED, SANE AND ENTERTAINED?

EMAIL YOUR TIPS TO THE TEEN LOFT CREED-TANNER@CITYOFEVANSTON.ORG

OR CONNECT WITH US ON INSTAGRAM @EPL_TEENLOFT