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.
- **@dlcanietysupport**: Largest Anxiety Support Platform

RESOURCES FOR ASSISTANCE

- **Disaster Distress Hotline**: Call 800-985-5990 or text TalkWithUs to 66746. They are there to talk & text for responses to 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

Keep an eye on the website for upcoming virtual activities!