

# 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



**STRESSED OUT?**

Family Issues Sexual abuse Depression  
Bullying Self-harm Eating Disorders  
School Problems Physical Abuse Anxiety

**CRISIS TEXT LINE |**

Text "FL" to 741741

**Here 2 Help**

Health Concerns Substance abuse  
Bereavement Stress Suicidal Thoughts  
LGBTQ+ Issues Isolation Relationship Issues



# 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