Spring Break is Coming!

Counseling & Student Support Services

The Counseling and Student Support Services department wishes you a safe and relaxing Spring Break!

When school is not in session, community crisis supports are always available.

If you or someone you care about is in crisis :

*DuPage County Crisis Hotline - 630-627-1700

*National Crisis Textline - Text HOME to 741741

*National Suicide Hotline - 1-800-273-TALK

Staying Healthy. . .You've Got This

* Put your phone to bed. Keep your phone out of your room at night or put it on "do not disturb."

* Eat whole, colorful foods that help fuel your brain and body.

* Avoid alcohol and substances, which interfere with managing your emotions.

* Ask someone to do something safe and social. They may be waiting to be asked!

* Get outside! Exercise and sunshine help improve you mood and keep your body healthy.

* Stay engaged with school, but also take it easy on yourself with the life stuff. You've never had to live through a pandemic and neither have we!

What To Do? Activities & Ideas