

- **BHR Teen Crisis Line 24/7**
<https://bhrstl.org/youth-support/>
- **City of St. Louis Emergency Resources**
<https://www.stlouis-mo.gov/government/departments/health/communicable-disease/covid-19/economic-recovery/emergency-resource-guide.cfm>
- **Operation Food Search**
<https://www.operationfoodsearch.org/find-food/>
- **Start Here St. Louis**
<https://www.startherestl.org/>
[Parent App Walkthrough](#)
- **Download the First View Bus Locator App to Locate where you bus is.**
<https://apps.apple.com/us/app/firstview/id1188696043>
- **8 Social-Emotional Learning Activities for High School**
<https://www.panoramaed.com/blog/8-social-emotional-learning-activities-high-school>
- **Mindfulness Meditation for Teens and Adults**
<https://k12.thoughtfullearning.com/blogpost/5-social-emotional-strategies-teenagers>
- **5 Social Emotional Strategies for Teens**
<https://k12.thoughtfullearning.com/blogpost/5-social-emotional-strategies-teenagers>
- **Mindfulness Exercises**
<https://www.livingwell.org.au/mindfulness-exercises-3/>