

## Our Mission

As the Colchester High School *We Matter Here* group, our goal is to destigmatize mental health, promote wellness and provide resources for support.

### Stress Management Apps:

- Headspace
- Calm Harm
- Stop, Breathe & Think
- Happify
- Pacifica
- Mindshift
- Breathe2relax

## We Matter Here Contact Information

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**First Call**  
FOR CHITTENDEN COUNTY

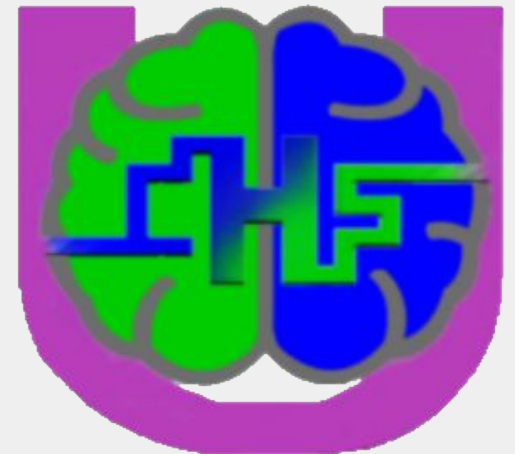
**(802) 488-7777**

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**Live in Grand Isle or Franklin  
County?**

**NORTHWESTERN  
COUNSELING  
& SUPPORT SERVICES**

**(802) 524-6554**

# We Matter Here



*Are you feeling stressed, sad, or just not yourself?*

You're not alone; it can happen to anyone, from:

- School
- Work
- Sports
- Friends
- Relationships
- Family
- Responsibilities
- And more....



Stress can overwhelm people very easily if not closely managed.

*Some ways to manage stress*

- Go for a walk or run and get some fresh air
- Spend time with a friend or a pet
- Journal
- Color/draw
- Dance, sing, play music
- Drink water
- Think positive thoughts
- Manage time/organize
- Think about what you're grateful for in your life
- Take deep breaths
- And much more!

*Doing just **one** of these can reduce some of the stress you are feeling.*



*Need to get something off your chest?*

Talk about it with someone you trust!

- A family member
- A trusted adult
- Your doctor
- Your school counselor
- Your school nurse
- Your school administrators
- Your teacher
- A peer/friend

**VT**

**CRISIS TEXT LINE |**

**Text "VT" to 741741**