

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

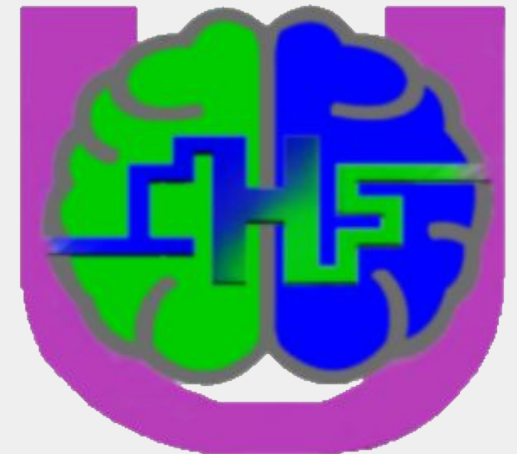
(802) 488-7777

**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