



SUPPORT FOR YOUNG PEOPLE. ANYTIME. ANYWHERE.

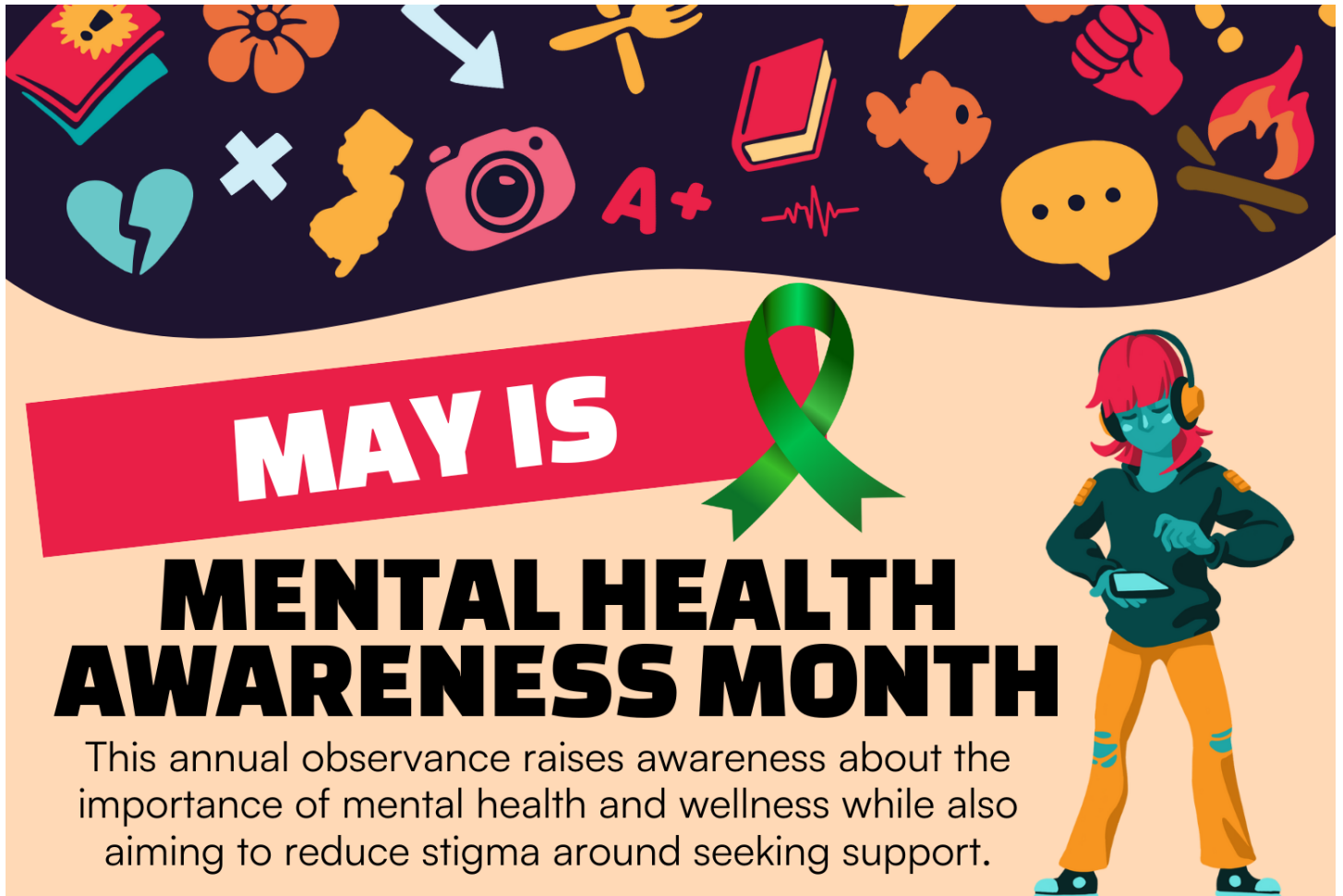
To: Local Educational Agency Leads, Directors of Nonpublic Schools
Route to: Principals, School Nurses, Staff Involved with Community Outreach, Students, Guardians and Parents
From: Liz Graham, Chief Executive Officer
180 Turning Lives Around/2NDFLOOR
Date: April 30, 2025
RE: May - Mental Health Awareness Month - 2NDFLOOR app

Dear colleague,

May is Mental Health Awareness Month, which highlights the critical need for mental health education and support, emphasizing that mental well-being is just as important as physical well-being. By promoting mental health and wellness this month, we aim to encourage youth to prioritize their mental health and to access resources they may need to thrive.

We are committed to making sure all NJ youth feel safe. That is why 2NDFLOOR is here 24/7! If something is bothering students, or doesn't feel right, they should not hesitate to reach out to us anytime - about any topic.

Please help spread the word that it only takes a second to get professional support with the 2NDFLOOR app. The app is anonymous, confidential, free and available 24/7/365. Youth can access the app at www.2NDFLOOR.org/download.



We are here 24/7 to support NJ youth as they face life's challenges - including those that impact their mental health.

Please help spread the word that it only takes a second to get professional support with the 2NDFLOOR app. The app is anonymous, confidential, free, and available 24/7/365. Youth can access the app at

2NDFLOOR.org/download

2ND FLOOR

SUPPORT FOR YOUNG PEOPLE. ANYTIME. ANYWHERE.

**2ND
FLOOR**

