



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 – Prom Season - 2NDFLOOR app

Dear colleague,

May marks the beginning of prom season, and prom can be overwhelming for some teens. The pressure to find the perfect outfit, navigate relationships and manage expectations can create stress and anxiety. It's important for teens to know it is ok to feel this way and to seek support when needed so they can focus on making special memories.

2NDFLOOR is here 24/7 for support! Whether students are feeling stress, anxiety or have concerns leading up to prom night, we are available to chat 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.

PROM SEASON IS HERE... AND SO IS 2NDFLOOR

Prom season is an exciting time, but it can also bring on feelings of stress and anxiety. At 2NDFLOOR we understand the pressure to have the “perfect” night, and we are here to help teens prioritize their well-being.



We are here 24/7 to support NJ youth as they face life's challenges - including prom season.

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