



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: December 3, 2025

RE: December Mental Health - 2NDFLOOR app

Dear colleague,

This time of year can bring a lot of pressure for New Jersey's youth, from school demands to holiday-season stress. Mental health and self-care matter, and no young person should feel like they're handling things alone. Please help us remind students that 2NDFLOOR is here for them - even on holidays.

Through the 2NDFLOOR app, youth can chat 1:1 with a counselor or join supportive conversations on our community message boards. It only takes a second to get professional and safe 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.



2NDFLOOR is here to listen, support, and remind New Jersey youth that they don't have to face stress or tough moments alone.

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

2NDFLOOR

SUPPORT FOR YOUNG PEOPLE. ANYTIME. ANYWHERE.

**2ND
FLOOR**

