



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: February 24, 2025
RE: Sleep Wellness Week - 2NDFLOOR app

Dear colleague,

March 9-15, 2025 is National Sleep Awareness Week, during which we aim to raise awareness about the importance of sleep. Good sleep habits are crucial for positive mental health, particularly in youth. When they have the opportunity to share their concerns with someone they trust, it can reduce anxiety, making it easier for them to fall asleep.


We know worries and stress can keep us up at night. That is why 2NDFLOOR is available 24/7 for youth! If something is bothering them, we want them to reach out, and chat with us anytime about anything. Talking it out can ease their minds and help them catch those much-needed Zzz's!

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.



MARCH 9-15, 2025

National Sleep Awareness Week !!



This week aims to raise awareness emphasizing the importance of sleep. Good sleep habits are crucial for positive mental health in youth. When they have the opportunity to share their concerns with someone they trust, it can reduce anxiety, making it easier for them to fall asleep.

We are here 24/7 to support NJ youth as they face life's challenges - including encouraging healthy sleep patterns.

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