



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: November 5, 2025
RE: November 5th – National Stress Awareness Day - 2NDFLOOR app

Dear colleague,

November 5th is National Stress Awareness Day, a reminder that stress affects everyone, including young people who often carry more than they share. Please help spread the word that 2NDFLOOR is here to listen, support and remind New Jersey's youth that they don't have to face stress or tough times alone.

Through the 2NDFLOOR app, youth can chat privately with a counselor or connect with peers in our supportive community message board. 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.



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