


# STUDENT RESOURCES

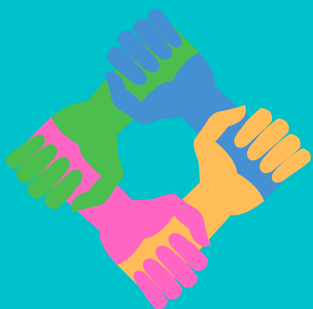


## MINDFUL WELLNESS

### Yoga for Teens

Music to study to: [Ambient](#), [LoFi HipHop](#), [Classical](#), [Coffee Shop Jazz](#), [Calm Piano](#)

Mindfulness Apps: [Colorfy iOS/Android](#), [Dare iOS/Android](#), [Breathwrk iOS](#), [AntiStress Games iOS/Android](#)



## COMMUNITY SUPPORTS

Food Pantry

Clothing: [Good Will](#), [Savers](#), [The Bridge](#)

School Supplies - Will update as information comes in.

Medical - [CareSolace](#): For Murrieta Families - 888-515-0595



## HELP!...IF NEEDED

[CareSolace](#): For [Murrieta Families](#) - 888-515-0595

[Operation SafeHouse](#): - (951) 351-4418; Or Text 844-204-0880 to talk to a counselor.

[National Suicide Prevention Lifeline](#) (24/7) - Call 1-800-273-TALK (8255);

[Online chat support National Alliance on Mental Illness](#) [Crisis Text Line](#) (24/7) - Text NAMI to 741-741

[National Domestic Violence Hotline](#) (24/7) - Call 1-800-799-SAFE (7233)

[National Sexual Assault Hotline](#) (24/7) - Call 1-800-656-HOPE (4673);

[Riverside County Suicide Prevention Lifeline-Support and Referrals](#) (24/7)- Call 800-706-7500

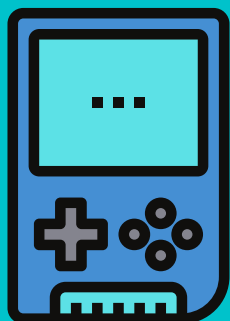
[Mental Health Urgent Care Center](#) (24/7)- Call 951-349-4195



## ACADEMIC SUPPORT

Learning Links: Find [Kahn Academy](#), [Research](#), and [Study Resources](#)

Libraries - [MVUSD](#), [City of Murrieta](#), [Riverside County](#)



## FUN THINGS TO DO WITH FAMILY

[Love Language Quiz](#)

[Birth Order](#) - Does it matter? - [Video](#)

[Family Games](#) - [Video of ideas](#)

[Mixed](#) - [Family Reading](#) - [Click Here](#)