

Summer Resources

As the school year comes to a close, we wanted to share a list of resources that parents and students may access as needed over the summer. We will see you in August!

- [Local Counseling Agencies](#)
- [24/7 Helplines & Crisis Services](#)
- Resources for Food and Basic Needs
 - [Shiawassee County](#)
 - [Genesee County](#)
 - [Saginaw County](#)

➤ **United Way**

Call 2-1-1 or visit www.mi211.org

For info on resources for counseling, food, utility payment, other needs

Online Resources

[100 Coping Skills](#) | [Suicide Prevention Lifeline](#)
[The Calm App](#) | [NAMI - Teens and Young Adults](#)
[Insight Timer - Mindfulness and Meditation App](#)