



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: May 23, 2025
Re: June – Start of Summer - 2NDFLOOR app

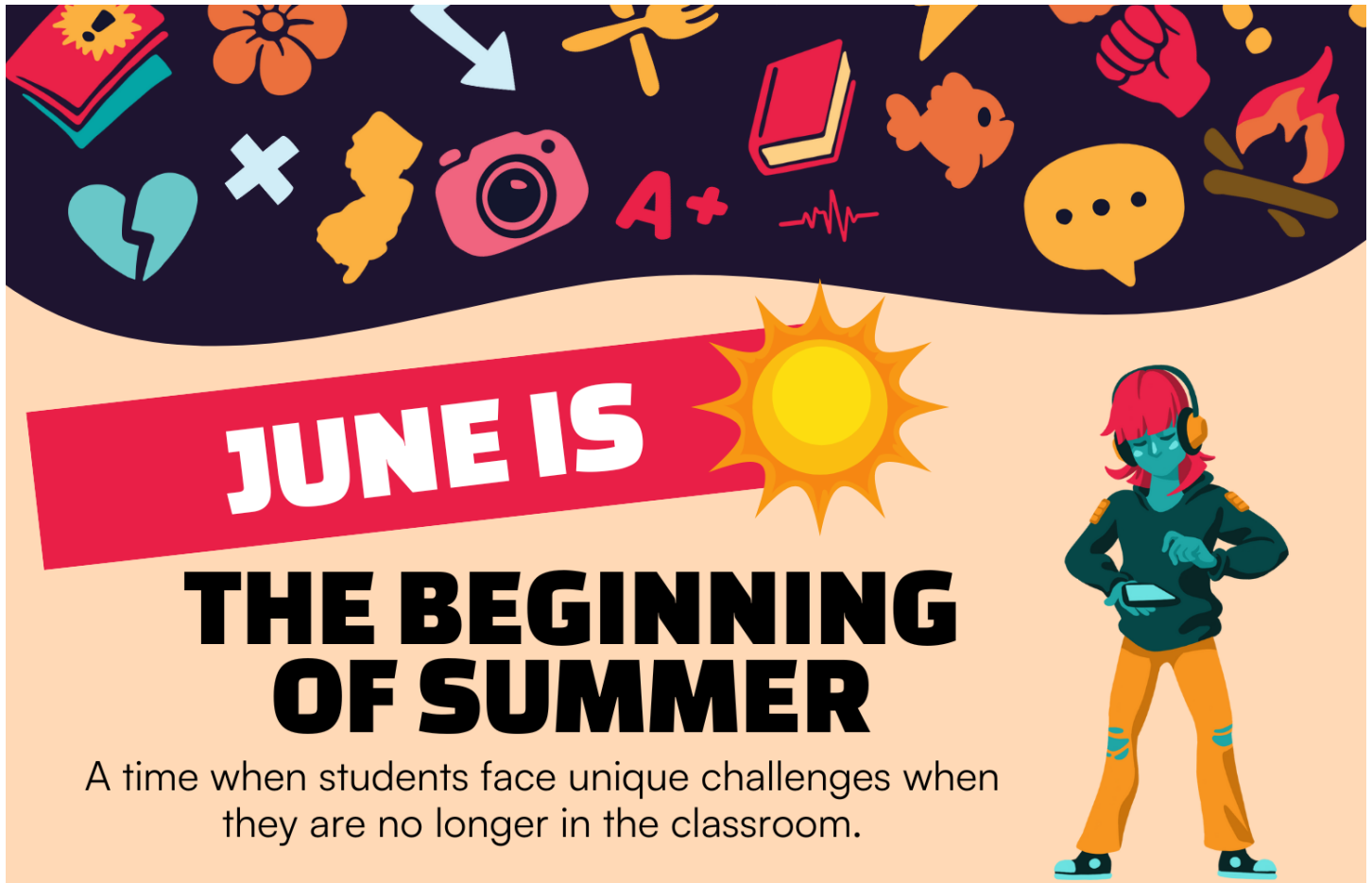
Dear colleague,

As Summer begins, students often face the challenge of adjusting to life outside the classroom. Many NJ youth may find it difficult to establish new routines, whether that involves summer camp, connecting with friends, or seeking work. The pressure to fill their time with engaging activities can lead to stress, especially for those who may feel isolated or uncertain about how to spend their summer. It is important for them to know that these feelings are normal and seeking support from 2NDFLOOR® can help them manage the transition and enjoy their summer break!

2NDFLOOR is here 24/7 for support! Whether they are feeling overwhelmed, nervous or anxious leading up to summer break, we are available to chat anytime - about any topic.

Help us spread the word that it only takes a second to get professional support with the 2NDFLOOR app! Plus, our Community Message Board is a wonderful, safe place for young people to connect and offer each other support!

The app is anonymous, confidential, free and available 24/7/365. Youth can access the app at www.2NDFLOOR.org/download.



We are here 24/7 to support NJ youth as they face life's challenges - including summer seasonal depression, adapting to changes in routine, and other issues that often come up during the summer months.

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