**Resources from Change to Chill + CARES All Parents/Caregivers Session:**

* [Change to Chill:](https://www.changetochill.org/)
  + [Change to Chill + Hennepin County CARES](https://www.changetochill.org/hennepincounty/)
  + [Lunch Hour Webinar Series](https://www.changetochill.org/virtual-fall-series/)
  + [Stress Factor Quiz for Teens](https://www.changetochill.org/stress-factor-quiz/)
  + [Living with Grief & Loss](https://www.changetochill.org/how-can-i/living-with-grief-loss/)
  + [Suicide Prevention, Awareness & Support](https://www.changetochill.org/about/suicide-prevention/)
  + [Chill Breaks](https://www.changetochill.org/chill-breaks/)
  + [Tips for Talking with Teens](https://www.changetochill.org/starter-kit/)
  + [Virtual Chill Zone](https://www.changetochill.org/activities-tools/virtual-chill-zone/)
  + [Mindfulness](https://www.changetochill.org/mindfulness-for-teens/)
  + [Videos](https://www.changetochill.org/video/)
  + [Activities & Tools (Handouts)](https://www.changetochill.org/activities-tools/)
* [Understanding the Stress Response](https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response)
* [NAMI MN](https://namimn.org/)
* [Make It Ok](https://makeitok.org/)
* [The Gratitude Diaries](https://gratitudediaries.com/email)
* Apps
  + [Happify](https://www.happify.com/)
  + [Calm](https://www.calm.com/)
  + [Meetup](https://www.meetup.com/)
  + [The Five Minute Journal](https://www.intelligentchange.com/pages/five-minute-journal-app)
* Safety/Crisis Lines:
  + Crisis Text Line: Text “MN” to 741741
  + Hennepin County:
    - Adults (18+, 24 hours a day): (612) 596-1223
    - Children (17 and younger, 24 hours a day): (612) 348-2233