

HAVE A SAFE & HEALTHY SUMMER!

The end of the school year brings graduations, summer vacations and a more laid-back way of life. This change in routine and reduced structure can also make summer a time of stress and anxiety for others in our community. We each play a key role in looking out for one another, so here are some reminders and resources to help students, friends and families enjoy a safe and stress-free summer.



YOU MATTER

- Get involved—
in volunteering or a new sport, hobby or club
- Stay connected—
to friends and family during the summer
- Find someone—
that you trust and feel comfortable talking to
- Have a plan—
for when you need help or feel alone



FRIENDS MATTER

- Check in—
with your friends to see how they're doing
- Be there—
to listen and show support
- Talk openly—
about one another's feelings and concerns
- Seek immediate help—
if you are concerned for their safety



FAMILIES MATTER

- Keep them active—
in summer camps, clubs or other activities
- Offer a safe place—
to share feelings and worries
- Find support—
from your provider or other crisis resources
- Remove access—
to weapons and other means of doing harm



COMMUNITIES MATTER

- Provide opportunities—
to keep students busy during the day
- Listen and show interest—
in the youth in your community
- Look out—
for signs someone is in crisis and act on it
- Be aware—
of local resources available to help

Reach Out. Get Help.

Support is available 24/7. Call. Text. Chat. Get the help you need, when you need it most.



**SNOHOMISH
COUNTY** 
HEALTH DEPARTMENT



Make the call
dial 988



Start a chat at
[imhurting.org](https://www.imhurting.org)



Get help at
<https://www.thetrevorproject.org/get-help/>

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