

# JTHSD Winter Break Resources



**Need support or someone to talk to over the break?**

**Contact one of the resources below**

*Open 24/7 unless specified*

- **San Mateo Crisis Hotline: 650-579-0350 or 9-8-8**
- **Crisis Text Line: Text "Listen" to 741-741**
- **Crisis Text Line en Español: Text "Ayuda" to 741-741**
- **Trevor Project ( for LGBTQ+ Youth): 1-866-488-7386**

**For Parents/Caregivers:**

- **Safe and Sound Parent TALK line: 415-441-5437**

**Other Resources:**

- **Daly City Youth Health Center: 650-877-5700**  
(Mon-Fri 9-5pm; Holiday hours may vary)
- **Pacifica Resource Center: 650-738-7470**  
(Mon-Thu 9-5pm, Fri 9-1pm; Holiday hours may vary)
- **Care Solace (Link to Mental Health Services):**  
**1-888-515-5095**



# JTHSD Wellness Tips

## Mindfulness Corner

What are 3 things I do best?

What is the highlight of my day, week, or month?

How do I have a positive impact on those around me?

What 5 things make me smile?

What are my boundaries?

## Self Care Ideas

### 5 Minutes:

Drink a glass of water  
Take a photo  
Stretch  
Deep Breaths  
Listen to a song

### 15 Minutes:

Read a book/magazine  
Eat a healthy snack  
Draw or color  
Declutter your space  
Take a shower/bath

### 30 Minutes:

Watch a funny show  
Go for a walk  
Call & catch up with a friend  
Take a nap  
Exercise  
Create a vision board

### 4-7-8 Breathing

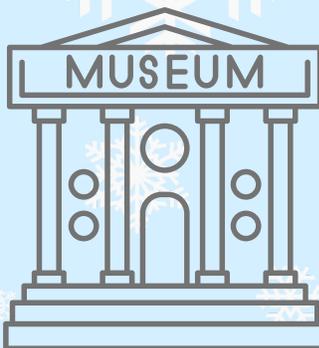


**Inhale for 4 seconds through nose**

**Hold for 7 seconds**

**Exhale for 8 seconds through mouth**

## Free Admission to SF & Bay Area Museums:



Asian Art Museum: 01/04/2026

Legion of Honor: 1/03/2026

de Young Museum: 01/03/2026

Museum of Craft & Design: 01/08/2026

Museum of the African Diaspora: 01/10/2026

SFMOMA: 01/08/2026

Conservatory of Flowers: 1/06/2026

Botanical Garden: 1/01/2026