

Mental Health & Well-Being Resources for the Summer

Online Apps and Interactive Websites*

Leverage mobile tools and technology to support your well-being!

- [Be Me](#) – A mobile mental health app made for and with teens to improve their well-being by bringing together the best aspects of social, gaming, and streaming engagement along with human coaching and clinical care
 - Free Download on Google Play and the Apple Store
- [imi](#) – The mental health, well-being, and self-exploration website built for and with LGBTQ+ teens. It has resources and tools for managing stress and stigma, while exploring gender and queerness.
 - Free Website Online
- [Fabulous](#) – Fabulous was created at Duke University and helps people build healthy habits and support their well-being. Challenges and journeys in the app include everything from supporting a healthier mindset and finding ways to relax to embarking on new hobbies, getting better sleep, and breaking substance use habits.
 - Free Download on Google Play and Apple Store
- [TrevorSpace](#) – An affirming, online community for LGBTQ+ young people to explore identity, find support, and make friends.
- [Finch](#) – A mobile app that helps you track and meet your goals with guided exercises, breathing, movement, reflections, and relaxation techniques. You can set reminders for yourself and watch your finch grow up as you progress on your journey!
 - Free Download on Google Play and Apple Store

Mental Health Resource Hubs

Resources to help us learn more about mental health and how it shows up in our day-to-day lives.

- [National Alliance on Mental Illness: Teen Mental Health](#) – Provides information about teen mental health, social media, and school while offering resources for talking to friends and family.
- [Mental Health America: Live Mentally Healthy](#) – A comprehensive resource hub to learn about mental health, the challenges we can face, and ways to support our wellbeing.
- [The Jed Foundation](#) – JED's Mental Health Resource Center provides resources to help young people unpack their feelings, develop skills to approach mental health challenges, and hear from other young people about their journeys.
- [The Trevor Project](#) – In addition to resources specifically designed for LGBTQ+ youth, the Trevor Project also provides mental health guides for self-care, accessing mental health support, and building positive online communities.

** Apps and websites might ask you to sign up for a free trial or pay to unlock premium services, but you can exit out of these windows and continue using the free versions of these tools! Read carefully to ensure you don't sign up on accident and remember to check in with your parent(s)/caregiver(s) before purchasing anything online.*

Positive Activities

One of the best things we can do to support our mental health is to find healthy, enjoyable activities that help us relax, have fun, and connect with the people around us! Some fun activities in the Greater Boston area to check out this summer...

- [Brookline Public Library](#) – Every month, the public library hosts fun and free [events](#) for children, teens, adults, and families including movie matinee days, craft nights, poetry readings, nature events, gaming nights, and music! Staying in? You can check out their [online resources](#) including reading, music, streaming shows and movies, and even at-home virtual crafts classes.
- [Harvard Museums of Science and Culture Summer Solstice Celebration 2022](#) – On June 21st from 5:00 – 9:00 PM, families can explore the Harvard museums for free, help create a community mural, make flower crowns, enjoy live music and performances, and grab a snack at a food truck!
- [Mayor’s Movie Nights](#), [Family Flicks at the Pru](#), and [Hatch Shell Movie Series](#) – Thinking about a day downtown? Check out these free family movie nights happening around Boston this summer.
- [Fourth of July Fireworks](#) – Looking for a place to watch the fireworks for 4th of July weekend? Check out this list from Boston Central.
- [Newton’s 4th of July Open Air Market](#) – On 4th of July weekend, celebrate with Newton’s open air market featuring fun activities, amusement rides, live music, and vendors, and end the day with fireworks.
- [Healthworks Summer Series](#) – If you’re looking for something high energy, fun, and out in the sun, check out Healthworks summer series of free, outdoor, pop up classes all over the city (including Griggs and Emerson parks in Brookline). Classes include yoga, steps classes, and Zumba!
- [Brookline Farmers Market](#) – Check out Brookline’s Farmers’ Market every Thursday evening this summer to find fresh and local food or just have a wonderful walk outdoors! SNAP/EBT accepted at the farmers’ market.

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