



BROOMFIELD YOUTH RESOURCES

Considering the current COVID-19 pandemic, everyone is facing some uncertainty. Broomfield Youth for Youth wants to provide resources to help peers during this time. These ideas and resources are hopefully helpful!

AUTHENTIC RELATIONSHIPS

At a time when people have to physically distance ourselves, what should people do to stay connected? Here are some resources and ideas:

- **Play Online Games with Friends:** There are a variety of platforms that allow you to virtually play games with friends, including [online card games](#), [online Pictionary](#), and mobile apps such as [Psych](#) and [GamePigeon](#).
- **Video Call Friends:** There are many different platforms including [Zoom](#), [FaceTime](#), and [Google Hangouts](#) that can allow you to virtually connect to your friends.
- **Netflix Party:** This free browser extension allows you to watch Netflix virtually with friends. [Visit Netflix Party here](#).
- **Youth for Youth Social Media:** Youth for Youth social media is updated with different ideas and resources for youth during quarantine. Also, look out for story takeovers! Check out [@broomfieldy4y on Instagram](#) and [Broomfield Youth for Youth on Facebook](#).
- **“Distant Socializing”:** Looking for more information on the topic of keeping connected while physically distancing? Check out this [article from Stanford News](#).

MENTAL WELLBEING

Is COVID-19 making you feel more stressed than normal? Here are some resources that may help you:

- **Crisis Text Line:** This resource allows you to text *HOME* to 741741 for free 24/7 support from a trained crisis counselor. [Learn more](#)
- **LGBTQIA Resources:** LGBTQ youth may be particularly vulnerable to negative mental health impacts associated with the COVID-19 pandemic. Call the [TrevorLifeLine](#) at 1.866.488.7386 for support. The [Trans Lifeline's](#) Hotline, 1.877.565.8860, is also available to provide peer support.
- **Know the facts:** To reduce anxiety and stress, always refer to and share accurate information about COVID-19. Get the most updated information here:
 - *City and County of Broomfield (CCOB)*
[BroomfieldHealth.org](#) follow on Facebook and Twitter
 - *Colorado Department of Public Health and Environment (CDPHE)*
<https://covid19.colorado.gov/>
 - *Centers for Disease Control and Prevention (CDC)*
www.cdc.gov/coronavirus/novel-coronavirus-2019.html
 - *World Health Organization (WHO)*
www.who.int/emergencies/diseases/novel-coronavirus-2019

- **Colorado Department of Public Health & Environment (CDPHE):** The CDPHE website provides advice for [Reducing Fear and Taking Care of Yourself](#)
- **Education/Remote Learning Resources:** With many unknowns with online learning, it is important to stay educated and updated on resources available to help. Check out free [AP resources](#), [AP exam updates](#), [information from Adams 12](#), [information from Boulder Valley](#), and [this list of free resources to get ahead on learning](#).
- Join [Free Yoga with Adriene](#) on YouTube.
- **Download free apps for your phone:** [Calm](#), [Down Dog](#), [Headspace](#), [Gratitude Happiness Journal](#)

SUBSTANCE USE PREVENTION

Are you feeling like turning to substances as a way to cope? Here are some other ideas or tips to help you:

- **Natural Highs:** This program, based in Boulder, focuses on empowering teens as leaders around positive peer culture. [Check out their free, online academy.](#)
- **102 Things to Do While Social Distancing:** [This list](#), created by one of our members, Gabrielle, provides a variety of activities to keep you busy, including some activities to keep you connected to others.
- **Rise Above Colorado:** Is empowering youth to live a life free of drug use. This Colorado-based organization has a variety of resources, including information on how to rise above drug misuse, facts about drugs, and helpful articles written by teens. [Visit the iRise website](#)
- [Find a provider](#) who specializes in substance use disorders, addiction and mental health.
- Find [resources to quit tobacco and vaping.](#)

LEARN MORE ABOUT YOUTH FOR YOUTH

Broomfield Youth for Youth (Y4Y) was established in 2018 and is comprised of local middle school and high school-aged youth. Y4Y collaborates with CTC by providing a youth voice for the coalition. The group is focused on three areas to help teens lead healthy lives:

- Youth substance use prevention
- Improved well-being
- Forming positive relationships.

Follow on Instagram [#broomfielDY4y](#). If you are interested in learning more, please email Youth4youthinfo@gmail.com.