Free Apps for Adults and Youth

A Friend Asks provides information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.

My Life My Voice is a mood journaling app that offers an interactive and simple solution for tracking your thoughts, feelings and moods.

Stop. Breathe. Think. Check in with how you’re feeling and try short activities tuned to your emotions.

In Alexandria

In addition to the counselors and social workers at the schools, youth can visit the Teen Wellness Center at T.C. Williams Main Campus to speak with a counselor.

More resources can be found at www.alexandriava.gov/DCHS