

**Tools to help you
manage stress,
sort through
complicated
issues and feel
your best.**



Additional resources

Whatever you need to feel confident going to class, going to work, or going home, we can help you feel prepared.

In addition to these resources, you have access to online practice tests, resume and cover letter help, and research and reference databases.

Wellness Resources

Teen Health and Wellness

A non-judgmental and straightforward resource that helps answer questions and provide information about diseases, drugs and alcohol, nutrition, mental health, suicide and bullying, green living, LGBTQ issues, and more.

Financial Literacy

This resource is packed full of valuable information for managing your money, applying for scholarships and financial aid, managing credit cards, and more. Getting a handle on your finances early will set you up for success in the future.

Digital Literacy

Resources to empower you to manage your digital presence. Topics include entrepreneurship and career help, online safety, privacy and ethics, research skills, tools for the digital age, social networking, and gaming.

Contact your librarian or guidance counselor for details and login instructions for these resources.