

# CS: Self-Directed Supports -Living Away from Home

Version 1

Published 5/23/2025 by Tracey Laurin Last updated 5/23/2025 7:50 PM by Tracey Laurin



## Living Away from Home

- **Be Safe:** Create a digital safety plan and make decisions about seeking help in a crisis.
- **MindShift CBT:** An app designed to help teens and young adults cope with anxiety.
- **Sleep Cycle:** Track your sleep and find your perfect wake up window.
- **Pzizz:** Advanced sleep and power nap system to fall asleep fast, stay asleep and wake up feeling refreshed.
- **CMHA: Coping with Loneliness**