



News Release

(630) 221-7029

PLT Organizations

360 Youth Services
Advocate Health
Alliance Against Intoxicated Motorists
Breaking Free
Building Parent Connections
Carol Stream Police Department
College of DuPage
District 87 Schools
Downers Grove Township
DuPage County Health Department
DuPage County Juvenile Probation
DuPage Metropolitan
Enforcement Group
DuPage Regional Office of Education
Glen Ellyn Police Department
Hanover Police Department
Heritage Health
Hinsdale Fire Department
Illinois State Police
Latino Treatment Center
Linden Oaks Behavioral Health
Lions Clubs International
Lisle Township
NAMI DuPage
National Guard
Northeast DuPage Family and
Youth Services
Northwestern Medicine
On Balance Parenting
Parents and Teens Together
Robert Crown Center
Rosecrance
Samaritan Interfaith
Streamwood Behavioral Health
Teen Parent Connection
Village of Carol Stream
Warrenville Youth and Family Services
WeGo Together for Kids
YWCA

December 16, 2020

FOR IMMEDIATE RELEASE

DuPage County Prevention Leadership Team and Teen Group, Reality, Host Drive-Thru Stress Relief Event for Teens

DuPage County— On Friday, December 18, middle and high school-aged teens are invited to a Drive-Thru Stress Relief event where stress relief kits will be available for teens at no cost. COVID-19 safety kits which include hand sanitizer, a face mask, and information on COVID-19 will also be available. This event is hosted by the DuPage County Prevention Leadership Team (PLT) and Reality Illinois.

Stress relief kits will be distributed by Reality Illinois high school students at Glenbard South High School (23W200 Butterfield Rd., Glen Ellyn) from 2:00 p.m. – 4:00 p.m. or until supplies last. Cars should enter the school from Butterfield Rd.

The purpose of the event is to provide some much-needed stress relief to teens throughout DuPage County safely and conveniently. Stress kits will contain various stress relief items as well as information on the County Crisis Text Line. The Crisis Text Line is a free texting service available to anyone experiencing a mental health crisis. By texting “REACH” to 741 741, people are connected to a trained professional that will help walk them through a crisis and connect them to ongoing resources. Since the text service became available in DuPage County, in November 2017, there have been 567 texters and over 1000 conversations between teens and young adults and trained counselors.

Reality Illinois is the Teen Advisory Board to the DuPage County Prevention Leadership Team and the DuPage County Health Department. Reality Illinois is open to all high school students in DuPage County and is committed to wellness and positive youth development. Reality meets monthly (virtually at present) to advocate for prevention policies that protect and make our communities a healthier place. To join Reality or for further information contact Gilda Ross, Glenbard District 87 Student and Community Projects Coordinator, at 630-942-7668 or gilda_ross@glenbard.org.

For more information on the DuPage County Prevention Leadership Team and the Drive-Thru Stress Relief Event, please visit our events page at www.DuPagePLT.org. ###

www.dupageplt.org



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