

DOWNLOAD THE APP!

S2: Self-Care for Survivors



Key Features



**Earn Badges for
Practicing Self-Care**



Track Your Emotions



**Express Yourself With
Art, Music, and Games**



**Practice Mindfulness
in the Zen Zone**



**Choose A Self-Care
Sidekick For Your Journey**

What is the S2 App?

S2 is a self-care app designed with and for adults with Intellectual and Developmental Disabilities (IDD) to support survivors of abuse and the IDD community. Relax, recharge, and find comfort through S2's creative activities, mindfulness practices, and interactive tools.

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DEVICE



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Disabled Persons Protection Commission
300 Granite Street, Suite 404, Braintree, MA 02184

Website: DPPCMass.Gov | **Phone:** 617-727-6465

24-Hour Abuse Reporting Hotline: 1-800-426-9009

Deaf or Hard of Hearing callers, please use VRS or MassRelay at 711