

DOWNLOAD THE APP!

# S2: Self-Care for Survivors



 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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ON AN APPLE  
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Disabled Persons Protection Commission  
300 Granite Street, Suite 404, Braintree, MA 02184  
Website: [DPPCMass.gov](http://DPPCMass.gov) Phone: 617-727-6465  
24-Hour Abuse Reporting Hotline: 1-800-426-9009

Deaf or Hard of Hearing callers, please use Video Relay Service (VRS) or MassRelay at 711

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