

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](https://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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