



From the Counselor's Corner:

There are several excellent resources for parents and students who are struggling to deal with the difficulties of the coronavirus. I have listed them below. I am also available if you need further assistance. Please email me at lvalladares@smmcs.org.

FREE COUNSELING SUPPORT ~

- **National Alliance on Mental Illness (NAMI)** – Trained counselors assist young people and adults with any emotional difficulty 24/7
PHONE 800-273-8255 TEXT 741741 WEBSITE <https://www.nami.org/Find-Support/NAMI-HelpLine#crisis>
- **Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress** – Trained counselors assist young people and adults with any emotional difficulty 24/7
PHONE 800-985-5990 TEXT 66746 WEBSITE https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html
- **Girls and Boys Town National Support** – Trained counselors assist young people and adults with any emotional difficulty 24/7
PHONE 800-448-3000 WEBSITE <https://www.boystown.org/hotline/Pages/default.aspx>

OTHER AVAILABLE RESOURCES ~

BrainPOP Coronavirus video for children:

https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/?fbclid=IwAR30WQxB6J_2ye36dRH0_oBc6UHDHEaVTdi029veriu3sTOIIMluaD7FBFU

Child Mind Institute: <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

PBS for Parents: <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

Education Week: <https://www.edweek.org/ew/articles/2020/03/03/how-teachers-are-talking-to-students-about.html>

Scholastic K-12 grade level support: <https://classroommagazines.scholastic.com/support/coronavirus.html>

The Character Tree: <https://character-tree.com/my-episodes/#myaccount>

School Counselor World: <https://www.schoolcounselorworld.com/>