

STUDENT SUPPORT SERVICES

SOCIAL- EMOTIONAL WELLNESS

RESOURCES

Parents

[Tips for Managing Behaviors for at Home Learning](#)

[When Your Child Fears The Coronavirus: 8 Tips for Taming Anxiety](#)

[4 Guiding Principles for Parents Teaching From Home](#)

Elementary

We are making a Coping Skills Toolbox over the next several weeks. The toolbox will be filled with a variety of tools (skills) that can be used to manage emotions in a healthy manner.

Tool: [Brain Dump](#)

Tool: [Zones of Regulation](#)

Counselor Lesson:
[Stress and Coping Mechanisms](#)

Secondary

Food for Thought

[Taking Care of Your Mental Health While Staying Home](#)

Activity:

Watch the video [The Power of Knowing One's Truth](#)
Reflection Questions:

1. Do you find yourself living behind a mask?
2. If so, what prevents you from giving you permission to feel without hiding it from others?
3. What do you need to own your truth and how can you make it happen?

SERVICES

The Texas Health and Human Services Commission (HHSC) has launched a statewide mental health support line to help Texans experiencing anxiety, stress, or other emotional challenges due to the COVID-19 pandemic. This resource offers support for all Texans and can be reached any time day or night at **833-986-1919**.

United Way 2-1-1 Helpline:

- Food and financial resources may be limited at this time, as many organizations have limited capacity, hours, and/or closures due to COVID-19. United Way and 211 are in contact with local organizations to provide the latest information about resource availability.
- To find resources near you, call 2-1-1 or 1-877-541-7905 and provide your zip code and type of resource you are seeking.