

## Regional School Unit No. 56

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[www.rsu56.org](http://www.rsu56.org)

Pam Doyen, Superintendent of Schools

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March 18, 2020

Below is a list of mental health and information resources for the Staff, Students, and community members.

### **COVID-19 & Kids**

[Talking to Children about COVID-19](#) - Parent Resource from NASP

[Just For Kids: A Comic Exploring The New Coronavirus](#) - NPR

[Tips for Child/ Adolescent Emotions during Public Health](#)- Hemot

### **Mental Health Resources**

This is as important a time as ever for us to practice stress management and help our children do the same. One way to do that is by participating in guided "calming" through mindfulness.

[\*Smiling Mind\*](#): *free mindfulness app for adults and children/ adolescents.*

Those who may want or need more intensive support, can access it free through their smartphone.

[\*HeadGear\*](#): *smartphone application-based intervention which combines behavioural activation and mindfulness (shown to be effective in the treatment and prevention of common mental disorders.)*

**Crisis (Oxford County)**: OCCR provides crisis intervention, aftercare, and referral services. 888-568-1112 or 207-364-3030

**Crisis Text (24hr)** text #: 741741

-National/anonymous crisis text # (not just for suicide).

-Replies immediately with a follow up text.

-Then, connects with a crisis worker within a few minutes.

-Important resource for those more likely to txt than call.

FMI: <https://www.crisistextline.org/>

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