

# Community Counseling Services, Inc.

Serving The People of Crawford and Surrounding Counties

2458 Stetzer Rd ▪ Bucyrus, Ohio 44820  
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CINDY WALLIS, MSW, LISW-S Executive Director

Crawford County community members,

March 19, 2020

We understand that this is a challenging time for all. Changes and adjustments are made rapidly and can lead to confusion, worry, and frustration among other things. It is important to not forget the toll all of this can and will have on mental health. We want to provide tips on how to support mental wellness during the COVID-19 outbreak for students, parents/caregivers, teachers, school staff, and all those affected.

1. Over-saturation of news and other media can lead to increased stress levels. Avoid consuming information that causes stress or anxiety by taking social media and news breaks.
2. Explore positive or creative ways to express or relieve bothersome feelings. Ensuring children have a safe, comfortable, and encouraging environment is important in helping them communicate their wants and needs.
3. During extended breaks, social distancing, and quarantines, keeping a routine/schedule can facilitate some level of normalcy. This can include academic time, lunch and recess, expressive arts, and other aspects of their daily routine.
4. Remain calm. Children can pick up on and will mirror social cues and how others are responding during this time. Have open, honest conversations using age-appropriate language.
5. Ensure you are spending time communicating with loved ones. Stay connected with peers, friends, and loved ones through social media, video chat, etc.
6. Make your basic needs a priority. In the midst of all the chaos, it can be easy to forget to keep tabs on our essential needs including food, water, and sleep. Participate in relaxing activities and take time to be mindful of what you need.

You can review these and other tips from the World Health Organization at <https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

Take care of yourself. Reach out for help if needed. Counselors, social workers, doctors, and many other mental health professionals are available for support during this time.

**As always, crisis support is available through Community Counseling Services, Inc. at (419)562-2000 from 8:00AM-5:00PM Monday-Friday, CONTACT (available 24/7) at (419)562-9010 (Bucyrus) or (419)468-9081 (Galion), by calling 911, or going to the nearest Emergency Room.**

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Mental Health Considerations during COVID-19 Outbreak. (2020, March 6). Retrieved March 19, 2020, from <https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>