

# Mrs. Breuer-School Social Worker

## Distance Learning Resources & Contact Information

Here you will find various mental health resources for our H-BC families for distance learning. Listed below are a few reminders of local crisis hotlines and texting services as well as other articles with suggestions and guidance for talking with your children about Covid-19 and the current situation.

Please feel free to reach out to me if you have specific questions or concerns regarding how your child is dealing with the changes taking place with the current school closure. Or, if you have questions about local mental health resources.

I am also working to create various social emotional learning activities and links for our students and families to access during this time. For elementary student specific resources, please go to:

<https://patriotcomputerlab.weebly.com/mrs-b---social-worker.html>

### Contact information during distance learning:

I will be regularly checking email and voicemail. I will be available by school email [a.breuer@isd671.net](mailto:a.breuer@isd671.net) and phone. You may call or text 507-205-2216.

### Student Referrals during distance learning:

Students may fill out this google form for a self-referral if they would like for me to contact them in regards to any concerns they may have.

[https://docs.google.com/forms/d/e/1FAIpQLSd3yVzgZIDoJP6uazmvCt6lpq-pPya3qAHx3QJJ9-QRPWtbgw/vie/wform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSd3yVzgZIDoJP6uazmvCt6lpq-pPya3qAHx3QJJ9-QRPWtbgw/vie/wform?usp=sf_link)

### Helpful Resources:

- Local 24-Hour Crisis Hotline 1-800-642-1525
- Crisis Text Line



- The National Child Traumatic Stress Network  
<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
- Child Mind Institute has a short article with tips for talking to children about Covid-19:  
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- The National Alliance on Mental Illness Minnesota has information regarding mental health supports.  
<https://namimn.org/support/mental-health-support-and-information-on-covid-19/>