

Old Bridge School District

Mental Health Resources For COVID-19

Greetings from our CSMS family!

On behalf of the counseling department, we would like to reach out to offer you and your family support during this unusual time. The transition to home on-line school can be a big change. By working together, we can help to reduce worry and stress that surrounds these confusing times with the changes since the COVID 19 virus has temporarily mixed life up. As School Counselors we will do everything we can to provide you with care and support outside the typical school environment. We will continue to work with our school community to meet the emotional, academic, social, and behavioral needs of each and every student as well as assisting parents, teachers, administrators, and those in the community.

Below, please find helpful tools to help navigate these challenging times. We will continue to update this information that we feel is beneficial to our students and their families.

Students/parents can reach out to school counselors during school hours 8am to 3pm.

In addition, we have attached resources and helpline numbers for after school hours.

School Counselor Contacts

Grade 6 - Dr. Sandra Griffin

sgriffin@obps.org

848-207-4233

Grade 7 - Kerryann Silvestri

ksilvestri@obps.org

732-934-6557

Grade 8 - Kacey Corsentino

kcorsentino@obps.org

732-698-8425

Student Assistance Counselor - Lauren Piserchia

lpiserchia@obps.org

848-863-5307

- **For Emergencies**

- Call 911
- If your child is having a psychiatric emergency, or maybe in danger of hurting him/herself or others, you can take them to one of these 24/7 walk-in locations:
 - Acute Psychiatric Services, UBHC
671 Hoes Lane West, Piscataway
855-515-5700
 - Raritan bay Medical center
530 New Brunswick Ave, Perth Amboy
732-324-5095
 - Another emergency room that is convenient to your location.

* To learn about the symptoms of depression and signs of suicide, please go to:
<https://sossignsofsuicide.org/user/login?destination=> and click the link that says “if you are parent click here”

- **For General Mental Health and Home Assistance:**

- Monmouth County Psychiatric Emergency Screening Services (PESS) at Monmouth Medical Center
 - 732-923-6999
- 2nd Floor Youth Helpline
 - 1-888-222-2228
- Crisis Text Line
 - Text “NJ” to 741741
- Family Helplines
 - 1-800-843-5437
- Domestic Violence Hotline
 - 1-800-572-7233
- NJ Mental Health Cares – Free hotline offers telephone counseling, emotional support, information, and assistance. 7 days per week, 8am-8pm
 - 1-866-202-HELP (4357)
- NJ Hopeline
 - 1-855-654-6735
- Trevor Lifeline - For the LGBTQ community
 - 1-866-488-7386
- Caring Contact
 - 800-273-8255
- Preform Care (mobile response)
 - 877-652-7624
- Housing/Food/Utility Assistance
 - Dial 211

- Job Opportunities
 - <https://jobs.covid19.nj.gov>

- **For COVID - 19 Related Concerns:**

- Monmouth County Health Department COVID-19 Information Line – Monmouth County Health Department has opened a phone bank to respond to callers with questions or concerns about COVID-19. As you can imagine, many callers are experiencing anxiety, fear, and worry about COVID-19. There are Disaster Response Crisis Counselors (DRCCs) volunteering on the phone lines. The phone line is available from 9am-8pm.
 - 732-845-2070

- **Resources for Talking to Children (Click for Link):**

- Talking with Children about COVID-19 – National Association of School Psychologists
 - <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>
- Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children – CDC
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
- Talking to Kids About Coronavirus – ChildMind
 - <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- Parent/Caregiver Guide to Helping Families Cope With the Corona virus disease (COVID-19) - The National Traumatic Stress Network
 - https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
- Talking to Teens and Tweens About Coronavirus - The New York Times
 - <https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html>
- Just For Kids: A Comic Exploring The New Coronavirus – NPR
 - <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- Talking With Children: TIPS FOR CAREGIVERS, PARENTS, AND TEACHERS DURING INFECTIOUS DISEASE OUTBREAKS – Substance Abuse and Mental Health Services Administration
 - https://store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf

- **Other Resources for Mental Health (Click for Link):**

- Managing Stress and Anxiety – CDC
 - 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
- Social Support: Getting And Staying Connected - Mental Health America
 - <https://mhanational.org/stay-connected>
- Taking Care of Your Mental Health in the Face of Uncertainty – American Foundation for Suicide Prevention
 - <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR1qu3H7ubBF9VqbDq8nHCzXDkcAUidDz29jUbGo9HYp cNJMxpUzPMpICKc>
- Social Distancing - American Psychological Association
 - <https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>
- Calm.com - Promotes relaxation and mindfulness, offers a wide range of guided meditations, sleep stories, and relaxing music for both children and adults. Right now through the link above they are offering calm kids for free and many other guided mediations and guided relaxation techniques. They are also doing daily 10-minute

mediations offered through their YouTube page and the link. This can be downloaded as an app on phones for \$5 a month.

- <https://blog.calm.com/take-a-deep-breath>
- <https://www.youtube.com/calm/videos>

- **Resources to Use with Children (Click for Link):**

- Free Online Mindfulness Classes for Kids - Mindful Schools
 - https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/?utm_source=Mindful+Schools+Newsletter&utm_campaign=538815a38f-EMAIL_CAMPAIGN_NEWSLETTER_2020_03_18_MF&utm_medium=email&utm_term=0_024a46d2a1-538815a38f-21129419
- Apps to Help with Mental Health - Common Sense Media
 - <https://www.common Sense Media.org/lists/apps-to-help-with-mental-health>
- 7 Ways to Help Kids Cope with Big Life Changes - Free Printables from Big Life Journal
 - https://biglifejournal.com/blogs/blog/help-kids-cope-big-life-changes?utm_source=Big+Life+Journal+Printables+%26+Resources&utm_campaign=07b5274abf-EMAIL_CAMPAIGN_2019_03_29_02_28&utm_medium=email&utm_term=0_62aad05539-07b5274abf-238062749&goal=0_62aad05539-07b5274abf-238062749&mc_cid=07b5274abf&mc_eid=f857da8f3c
- Mindfulness Connection - Includes yoga for kids and mindfulness meditation
 - <http://mindfulnessconnection.com>
- Zentaional Kids - Offers free tools for kids such as positive affirmations, yoga, stress busters, visualizations and therapeutic worksheets
 - <https://zensationalkids.com>

- **Apps for Smartphones**

- Virtual Hope Box
- Mood Journal
- My Oasis
- Clear Fear
 - offers numerous skills for dealing with anxiety and panic attacks. When you first sign up it prompts the user to write down things, they can do to help themselves with examples if needed, then they have the user write down the name and number of someone they can contact if they need support. It offers 8 different tools for anxiety such as managing generalized anxiety, separation anxiety and fear of missing out. It also offers a self-monitoring dashboard where the user can track their anxiety and triggers, a place to journal, write down goals and log.
- I Am: Positive Affirmations
 - Can be free or pay 3 dollars a month or 20 dollars for the year. Free version offers different types of affirmations and positive statements that they can set on a timer to pop up on their phone to remind themselves to say it to themselves. Paid version has more options. Affirmations include topics like self-care, personal growth, stress and anxiety, relationships, gratitude and night time ones to help sleep.
- Flip Mood
 - This is a daily promoted journaling app. It has the user choose what they have been up to, and then prompts them to describe how it has been going, what could be better and someone they look up to. I can see this being helpful in reflecting on their moods and emotions at the end of the day.
- Relax Melodies

- Guided meditations to help fall asleep, relax and manage anxiety. They also have specific guided stress relief related to COVID19. This is all included in the free version.
- KATE GARNES MOTIVATIONAL SPEAKING is doing free live motivational talks for teens on her instagram. The first one starts this afternoon (3/26/2020) at 4:15pm. Her instagram name is kategarneslive

• **There are tons of things to do when stuck at home!**

- Read a book
- Research online about a topic that has always fascinated you
- Play card games or board games or do a puzzle
- Draw, sketch, color, paint, sculpt, or do another artistic activity
- Sing or beatbox or dance
- Help somebody with something
- Listen to music or play an instrument
- Do meditation, yoga, or mindfulness exercises
- Stay connected with friends/relatives by texting, calling, video-chatting, or on social media
- Clean, dust, vacuum, or do laundry
- Organize your room, drawers, closet, or house/apartment
- Write in a journal, or poetry, or song lyrics, or a story, or a book to publish someday
- Listen to an audio-book or TED Talk or podcast
- Cook or bake or even make slime
- Build something, even a fort out of pillows, blankets, furniture
- Find something inspirational or learn how to do something new on youtube
- Set up an indoor obstacle course
- Write an old-fashioned letter to mail to someone
- Camp out or have a picnic inside your house/apartment
- Look at old photos/videos and share stories/memories
- Learn to sew, knit, crochet, do needlepoint, or make jewelry
- Sit outside your house/apartment and notice things you usually don't take time to observe
- Watch new or old movies or TV shows
- Make a list of goals/things you are thankful for/proud of/ looking forward to
- Plan a daytrip or vacation for someday
- Work on a crossword puzzle, Sudoku, word find, or Rubix's cube
- Clear out old files/emails from your computer/email account
- Delete old messages/pictures from your cell phone
- Play with a sibling or pet
- Get moving with a physical workout: jumping jacks, jump rope, push-ups, planks, sit-ups, run up and down the stairs, juggle a soccer ball, etc.
- Learn another language on Duolingo
- Find out the life story of someone in your family
- Go for a walk, run, or bike ride (when permitted with social distancing)

