



MUSTANGS SUPPORT INFORMATION

Mid-West School District recognizes that it may be challenging to handle the thoughts, emotions and feelings that you may be experiencing during the school closures from COVID-19. Please know that we are still here to support all students and families throughout these difficult times!

Tips for Healthy Mental Health:

- U Eat nutritious meals
- U Follow a daily schedule/routine
- U Get 8-10 hours of sleep each night
- U Stay active and exercise
- U Practice good hygiene
- U Do things you enjoy
- U Focus on the positives
- U Take a break
- U Open up to someone you trust



Coping Skills to Use While Social Distancing:

- | | |
|-------------------------------|--------------------------------|
| U Video chat a friend | U Meditate |
| U Read a book | U Put a puzzle together |
| U Listen to music | U Play a game with your family |
| U Develop a gratitude journal | U Do yoga or stretch |
| U Create or build something | U Watch a movie |
| U Spend time outdoors | U Take a walk |
| U Play with a pet | U Clean/organize your room |
| U Exercise | U Talk to someone you trust |
| U Write a story | U Write a letter to someone |
| U Dance | U Write a letter to yourself |

Support Resources for Parents & Students

- U www.teencentral.com
- U www.paparentandfamilyalliance.org/hometogether-resources
- U www.familyaware.org
- U www.sel4us.org/covid-19-sel-mental-health/
- U www.mwsd.cc/o/mwsd/page/mental-health-resources--20
- U www.suicidepreventionlifeline.org
- U www.cmsu.org
- U www.samhsa.gov
- U www.drugabuse.gov



- U CMSU 24/7 Crisis Hotline: 1-800-222-9016
- U 24/7 Crisis Text line: Text PA to 741741
- U 24/7 National Suicide Prevention Lifeline: 1-800-273-8255

MWSD Guidance Contacts:

- U District Wide Support
 - o Mrs. Amanda Gessner, MSW, LSW – School Social Worker
gessner.amanda@mwsd.cc
- U High School Guidance Counselors (8-12th Grade)
 - o Mr. Chris Blockus – Student last names beginning A-G
cblockus@mwsd.cc
- U Middle School Guidance Counselor (6-7th Grade)
 - o Mrs. Meghan Andrews; andrews.meghan@mwsd.cc
- U Middleburg Elementary Guidance Counselor (K-5th Grade)
 - o Mrs. Jennifer Miner; miner.jennifer@mwsd.cc
- U West Snyder Elementary Guidance Counselor (K-5th Grade)
 - o Miss Jordan Cole; cole.jordan@mwsd.cc

