




## Make it a priority to Support YOU During COVID-19

*A Note from Mrs. Chandler, School Social Worker:*

Of course this time is overwhelming for us all, and we are noticing things about ourselves we haven't had time to notice before, we are isolated more than usual, and we may be feeling anxious, sad, or depressed. It makes sense why we may be feeling "off" or uncertain. There are many online mental health supports available during this time, so I wanted to provide you with a few resources I recommend.

### **Mrs. Chandler's favorite apps to support your mental health:**

-  Stop, Breathe, Think (mindfulness app to calm your nervous system and improve mood. Can be used through the app or found on youtube)
-  Mind Shift (for anxiety)
-  Happify (to promote improved mood)

### **Quick, accessible mental health support through a text or a phone call when you need someone to talk to right away:**

- The Crisis Text Line <https://www.crisistextline.org/>
- The National Suicide Prevention Hotline 1-800-273-8255

### **Schedule online mental health support with professionals from our community/county:**

- Gateway Family Services in Potomac, IL
  - <https://www.gatewayfamilyservices.org/>; 217-649-0492
- Aunt Martha's in Danville (Counseling and other healthcare needs)
  - <https://www.auntmarthas.org/telehealth/>; 877-692-8686
- Crosspoint Human Services in Danville, IL
  - (217) 442-3200; [www.crosspointhumanservices.org](http://www.crosspointhumanservices.org)
- Center for Youth and Family Solutions, Danville, IL
  - (217) 443-1772; [www.cyfsolutions.org](http://www.cyfsolutions.org)
- Hope Counseling Inc. Danville, IL 61832
  - [www.hopecounselinginc.com](http://www.hopecounselinginc.com); (217) 431-8825

For a comprehensive list of supports in Vermilion County visit

<https://www.vercounty.org/Mental%20Health/Vermilion%20County%20Resource%20List.pdf>