

# MAKING MENTAL HEALTH A PRIORITY

A MESSAGE FROM YOUR STUDENT SERVICES TEAM

## Staying Connected!

Schedule time with your friends:  
Virtual lunch dates  
Virtual game or dance party



## Mental Health During COVID-19

Dr. Kati Krumpe  
Chief Academic Officer

During these unprecedented times, there are a range of emotions that we all may be feeling. Our children, in particular, are influenced by our emotions and reactions during times of uncertainty. The Child Mind Institute reminds us to listen to our children and allow them to tell you what they may have heard about the coronavirus (COVID-19), how they feel, and whether they have any questions. Here two additional resources for parents:

- [Talking to Children About COVID-19: A Parent Resource](#)
- [Talking with Children About Substance Abuse](#)

Also, remember to be a role model and take breaks, get plenty of sleep, exercise, and eat well.

In addition to helping your students stay socially connected, establishing a positive & productive home environment is critical to our students such as:

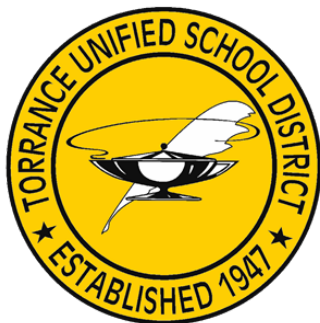
- Stick to routines - Regular mealtimes, bedtimes, break-times, & school time helps students with as much normalcy as possible.
- Keep Talking. Listen & take cues from your student. Let them know that you are there to listen and hear from them.
- Keep moving. I have found many ways to continue my workouts & movement. Here are a few free video resources to help you keep moving:
  - [Gaia](#) - Yoga & Meditation
  - [GoNoodle](#) - Movement & Mindfulness
  - [Cosmic Kids](#) - Yoga & Relaxation

# Mental Health Resources

As the uncertainty of our current situation may be causing overwhelming emotions and anxiety in some of our students and family members, we would also like to take this time to share some mental health resources.



Through **Care Solace** parents can access simple, fast, and safe tools for drug and mental health assistance provided for TUSD families with 24/7 assistance finding services for children, adolescents, adults or seniors- regardless of insurance.



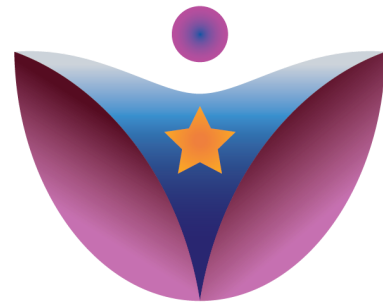
**TUSD School Counselors** continue to be available during work hours while our schools are closed. If you have any specific questions about your child or would like further assistance, please contact them or check the school's website for further information. Additional social-emotional resources can be found on our website at: <https://www.tusd.org/parents>

COVID-19 "**Warmline**" Initiative provides brief listening sessions with mental health professionals to reassure them and help reduce their anxieties or refer them to appropriate care.  
Warmline: **1-833-4HELP19 and 1-833-8LISTEN**



Through **South Bay Families Connected**, parents can access a variety of resources, videos, and educational materials on a variety of current topics including stress, bullying, grief, depression, and mental health challenges. Also, this link provides some great resources on staying home together:

[Routine, Normalcy, & Connection](#)



**LA County Crisis Resource** provides resources for students and family members to speak with someone 24/7 via phone, text, or chat when they have overwhelming feelings and/or emotions.

