

# NEW Social Emotional Support Lines Available for Students & Families!

As our District and community continue to cope with COVID-19, we recognize that many students and families are experiencing anxiety and a range of other emotions. Self-care and emotional self-regulation are especially important during these uncertain times, so the District is making it possible for students and parents to contact school social workers and counselors around the clock for resources and assistance with social emotional concerns.

## Topics of Support:

- How to get mental health support
- Expressing & coping with anxiety
- Where to find community resources
- Grief & loss
- Mindfulness & Meditation
- How to help your family
- Anger management
- Signs of depression
- Substance abuse
- Managing a child with ADHD



## 24-HOUR INFORMATIONAL LINE - 901.416.2626

Call 24/7 for pre-recorded messages. *Available beginning April 16.*

## LIVE SEL SUPPORT LINE - 901.416.8484

Call M-F, 9 a.m. - 4 p.m., to speak with a member of the SCS Mental Health Center. *Available beginning April 17.*

## FOR MORE SOCIAL EMOTIONAL LEARNING RESOURCES:

Visit [www.scsk12.org/SELsupport](http://www.scsk12.org/SELsupport) to access videos, podcasts, self-care tips and links to local and statewide crisis support.

**NOTE:** The SCS support lines are intended primarily for general questions and non-emergency assistance. If you are experiencing a crisis, please visit [www.scsk12.org/SELsupport](http://www.scsk12.org/SELsupport) for a list of organizations that provide crisis support.

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