

Parent Welcome Center

General Info & Assistance

M-F, 7 a.m. - 5 p.m.

(901) 416-5300


[SCSHelp@scsk12.org \(mailto:SCSHelp@scsk12.org\)](mailto:SCSHelp@scsk12.org)



SOCIAL EMOTIONAL LEARNING

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 providing a variety of resources to support students and families.

Included below are several videos and podcasts explaining the importance and impact of SEL and helpful strategies and activities families can use at home. A variety of SEL resources are also available on the [CASEL website \(https://casel.org/covid-resources/\)](https://casel.org/covid-resources/). CASEL is the Collaborative for Academic, Social and Emotional Learning. Plus, SCS has launched two new support lines so students and parents can contact school social workers and counselors around the clock for resources and assistance with social emotional concerns.

 NEW Social Emotional Support Lines Available for Students & Families!

TOPICS OF SUPPORT:

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

NOTE: The SCS support lines are intended primarily for general questions and non-emergency assistance. If you are experiencing a crisis, please contact one of the organizations listed below that provide crisis support.

[View frequently asked questions about mental health services during virtual learning.](#) [\(files/2020/SCS Mental](#)

[Health FAQs.pdf\)](#)

Youth Villages is the District's largest community partner for providing specialized crisis services staff for children and youth up to age 18. For assistance, call 901-251-5000, 901-252-7600 or 866-791-9226. Learn more by visiting the **Youth Villages West Tennessee web page** (<https://www.youthvillages.org/about-us/locations/tennessee/west-tennessee/>).

The Statewide Crisis Line is available if you are experiencing a mental health or psychiatric emergency. Call 855-CRISIS-1 (855-274-7471).

The TN REDLINE is available for referrals related to substance use disorder treatment and resources. Call 800-889-9789.

The TDMHSAS Office of Consumer Affairs provides non-emergency mental health and substance abuse services. Call 800-560-5767.

The SAMHSA National Helpline offers free, confidential treatment, referral and information services (in English and Spanish) for individuals and families facing mental and/or substance use disorders. Call 800-662-HELP (4357).

Click the images below to view additional mental and behavioral health resources from the Shelby County Division of Community Service.

[DOWNLOAD](#)

[\(files/2020/Behavioral Health Resources during COVID DRAFT sheet.pdf\)](#)

[DOWNLOAD](#)

[\(files/2020/Behavioral Health Resources during COVID DRAFT2.pdf\)](#)

Click the images below to view additional mental and behavioral health resources from the Tennessee Department of Children's services.

[DOWNLOAD](#)

[\(files/2020/TN-DCS-1.pdf\)](#)

[DOWNLOAD](#)

[\(files/2020/TN-DCS-2.pdf\)](#)

 LISTEN TO SOCIAL EMOTIONAL LEARNING PODCASTS.

SEL Resources: The District's SEL team joins 88.5FM to explain what social emotional learning is and shares a variety of community resources available to support students and families. [LISTEN \(https://scsbroadcastservices.app.box.com/s/eajoevyo03s5914dotvv32zmhwtl2ny/file/647325059260\)](#)

Family Activities: The District's SEL team joins 88.5FM to share activities that families can do at home to support social emotional wellness. [LISTEN \(https://scsbroadcastservices.app.box.com/s/eajoevyo03s5914dotvv32zmhwtl2ny/file/647310114796\)](#)

**SOCIAL EMOTIONAL
WELLNESS**

**ACTIVITIES
FOR THE FAMILY**

FROM:



**THE CARING STAFF
OF THE SCS MENTAL
HEALTH CENTER**

<https://drive.google.com/file/d/1Llc2HQHNb3M06k7UWN9iw6qGdt9JbXHz/view>

**SOCIAL EMOTIONAL
WELLNESS**

**HELPFUL TIPS ON
SLEEP HYGIENE**

FROM:



**THE CARING STAFF
OF THE SCS MENTAL
HEALTH CENTER**

<https://drive.google.com/file/d/1LtVakTGmQNkDnIFd3vuW6XHSBDDZGLu/view>

SOCIAL EMOTIONAL WELLNESS

HELPFUL TIPS FOR STUDENTS & FAMILIES

FROM:



- [Video 1: Dealing with Anxiety & Stress](https://www.dropbox.com/sh/0roo0dn4qk0ekzw/AAAuz1MXfZ4eVcObVlgiHnJFa?dl=0&preview=SEL+Series+-+Breathing+and+Mindfulness.mov) (https://www.dropbox.com/sh/0roo0dn4qk0ekzw/AAAuz1MXfZ4eVcObVlgiHnJFa?dl=0&preview=SEL+Series+-+Breathing+and+Mindfulness.mov)
- [Video 2: Breathing and Mindfulness](https://www.dropbox.com/sh/0roo0dn4qk0ekzw/AAAuz1MXfZ4eVcObVlgiHnJFa?dl=0&preview=SEL+Series+-+Controlling+Anger.mov) (https://www.dropbox.com/sh/0roo0dn4qk0ekzw/AAAuz1MXfZ4eVcObVlgiHnJFa?dl=0&preview=SEL+Series+-+Controlling+Anger.mov)
- [Video 3: Controlling Anger \(Self-Regulation\)](https://www.dropbox.com/sh/0roo0dn4qk0ekzw/AAAuz1MXfZ4eVcObVlgiHnJFa?dl=0&preview=SEL+Series+-+Maximizing+Time+with+Family.mov) (https://www.dropbox.com/sh/0roo0dn4qk0ekzw/AAAuz1MXfZ4eVcObVlgiHnJFa?dl=0&preview=SEL+Series+-+Maximizing+Time+with+Family.mov)
- [Video 4: Maximizing Time with Family](https://www.dropbox.com/sh/0roo0dn4qk0ekzw/AAAuz1MXfZ4eVcObVlgiHnJFa?dl=0&preview=SEL+Series+-+Tips+for+Virtual+Learning.mov) (https://www.dropbox.com/sh/0roo0dn4qk0ekzw/AAAuz1MXfZ4eVcObVlgiHnJFa?dl=0&preview=SEL+Series+-+Tips+for+Virtual+Learning.mov)
- [Video 5: Stay Focused During Virtual Learning](https://www.dropbox.com/sh/0roo0dn4qk0ekzw/AAAuz1MXfZ4eVcObVlgiHnJFa?dl=0&preview=SEL+Series+-+Dealing+with+Anxiety+%26+Stress.mov) (https://www.dropbox.com/sh/0roo0dn4qk0ekzw/AAAuz1MXfZ4eVcObVlgiHnJFa?dl=0&preview=SEL+Series+-+Dealing+with+Anxiety+%26+Stress.mov)

[Depression: Reading & Quizzes for Middle/High School](https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-resources) (https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-resources)

CONNECT WITH US

 [. \(https://www.facebook.com/ShelbyCountySchools\)](https://www.facebook.com/ShelbyCountySchools)

 <https://us02zoom.us/j/648120207603672> Unified)

 [C19TV \(http://www.scsk12.org/tcc\)](http://www.scsk12.org/tcc)  [88.5FM \(http://voiceofscs.com/listen/\)](http://voiceofscs.com/listen/)

SHELBY COUNTY SCHOOLS

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Main: (901) 416-5300

IMPORTANT LINKS

[Accessibility \(http://www.scsk12.org/accessibility/\)](http://www.scsk12.org/accessibility/)

[Feedback](#)

[Non-Discrimination Policy](#)

[Sitemap \(http://www.scsk12.org/sitemap/\)](http://www.scsk12.org/sitemap/)



What is SEL and WHY SEL Matters (English)

Social-Emotional Learning: What Is SEL and Why SEL Matters



What is SEL and WHY SEL Matters (Spanish)

SEL for Parents (in Spanish)



5 Keys to Social Emotional Learning Success

5 Keys to Social and Emotional Learning Success



Mindful Breathing for Elementary Students

Rainbow Breath - Flow | GoNoodle



Relieve Anxiety

Relieve Anxiety - Empower Tools | GoNoodle



Mindfulness and Meditation for Teens and Adults

13 Minutes Body Scan Meditation For Teens and Adults/ Mind...



5 Fun Children's Games for Self-Regulation

5 Incredibly Fun GAMES to Teach Self-Regulation (Self-Control...



Social Media-Related Trauma

Sesame Street: Mark Ruffalo: Empathy



📍 SOCIAL INJUSTICE RESOURCES

Change Makers

Video (<http://go.rethinkfirst.com/changemakers>)

Talking to Kids About Social Injustice & How to Use Empathy as a Tool for Social Change

Video (https://urldefense.proofpoint.com/v2/url?u=https-3A_youtu.be_-2D9zjB-2D95MRw&d=DwMFAg&c=Bg75SrweeeOWjU7z0YJ1jg&r=mhnnEf2mrpe7KEkziiCJeIM_oo4wE3rKZ_9GJjwzp_k&m=fFu6iWUPk1PH33DytnVjhq2I6Iz87AXIw7LMKxrzH1g&s=R4Uq4_v6NsvyjCDpXRiM0QZN0KVIgkEi0bDLr9AfrsY&e=))

Self-Awareness Series: Cultures Around the World-Elementary

Video (https://urldefense.proofpoint.com/v2/url?u=https-3A_youtu.be_Ky9dL6PqqH8&d=DwMFAg&c=Bg75SrweeeOWjU7z0YJ1jg&r=mhnnEf2mrpe7KEkziiCJeIM_oo4wE3rKZ_9GJjwzp_k&m=fFu6iWUPk1PH33DytnVjhq2I6Iz87AXIw7LMKxrzH1g&s=RC53rgngW2-XxDSI1ZUxu_jGq3yHLZNVpuHs8Ez-DEw&e=))

Self-Awareness Series: Empathy & Social Change-Secondary

Video (https://urldefense.proofpoint.com/v2/url?u=https-3A_youtu.be_fZ0J6ELIqk&d=DwMFAg&c=Bg75SrweeeOWjU7z0YJ1jg&r=mhnnEf2mrpe7KEkziiCJeIM_oo4wE3rKZ_9GJjwzp_k&m=fFu6iWUPk1PH33DytnVjhq2I6Iz87AXIw7LMKxrzH1g&s=XJfuG-Nthv1XkUq_Pti-hViyp4FSz4AlrmALReUyaY8&e=))

📍 OTHER RESOURCES