

Eagle “SEL”-pport and “SEL”-olutions

Teachers & Students:

SEL Tip of the WEEK

April 2, 2020

Increased stress can impact our most vulnerable populations.

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. As you are connecting with your students, understand that everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in. **Those with preexisting mental health conditions, those surviving domestic violence, and those acting as caretakers are at an increased risk at this time.**

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared. Coping with stress will make you, the people you care about, and your community stronger.

Parents/Families:

The CDC has information and resources available for faculty, staff, students, or families in need. [COVID 19: Stress and Coping](#)

If your child is in need of grief counseling during this difficult time, please call the district's Mental Health Teams at 386-734-7190 extension 70654.

Ingrid Rivera will set up an appointment for your child to speak with one of our crisis team members. Days/times available for grief counseling: Monday – Friday 8:00 AM – 4:00 PM.

Please note that a parent/guardian must be in the home with the student during the grief counseling session.

The following are available resources in our community that you can access should your child need assistance after 4:00 PM or on the weekend:

SMA Mobile Crisis Response Team: 1-800-539-4228

SAMHSA National Helpline: 1-800-662-4357

Feel free to contact Ms. Toldson (stoldson@volusia.k12.fl.us / ext 71046) if you have any additional questions or concerns.