

Links for Students and Families

Dear Students and Parents,

I want to write a quick note to all of you to let you know we are thinking of you and missing you. I will be checking my email everyday, if you need anything, please feel free to contact me. We are hoping to see your sweet smiling faces soon!

Take Care and Wash those Hands!

Ms. Henderson

*****Please remember none of these links should be considered a diagnosis or treatment. Please seek professional support as needed in addition to the material shown here.*****

Suicide:

Suicidepreventionlifeline.org

<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

<http://www.sptsusa.org/>

<https://www.cdc.gov/violenceprevention/suicide/resources.html>

<https://www.crisistextline.org/>

<http://www.thetrevorproject.org/>

Depression:

www.samhsa.gov

<https://www.cdc.gov/childrensmetalhealth/depression.html>

Anxiety:

<https://adaa.org/living-with-anxiety/children>

<https://www.aacap.org/>

Here are a few links for Elementary Students as well:

Coping with Change

www.centervention.com

EMOTIONAL HEALTH ACTIVITIES

For Home

30 Things **YOU** can do for **YOUR** Emotional Health

1. Practice a breathing technique.	2. Place a sticker on the fridge you can check off as you complete it.	3. Do something you like to do every day.	4. Write a letter to someone who is important to you.	5. Do something you like to do every day.	6. Place a sticker on the fridge you can check off as you complete it.
7. Practice a breathing technique.	8. Practice a breathing technique.	9. Practice a breathing technique.	10. Practice a breathing technique.	11. Practice a breathing technique.	12. Practice a breathing technique.
13. Practice a breathing technique.	14. Practice a breathing technique.	15. Practice a breathing technique.	16. Practice a breathing technique.	17. Practice a breathing technique.	18. Practice a breathing technique.
19. Practice a breathing technique.	20. Practice a breathing technique.	21. Practice a breathing technique.	22. Practice a breathing technique.	23. Practice a breathing technique.	24. Practice a breathing technique.
25. Practice a breathing technique.	26. Practice a breathing technique.	27. Practice a breathing technique.	28. Practice a breathing technique.	29. Practice a breathing technique.	30. Practice a breathing technique.

