

You are Not Alone

During this time of uncertainty and change in routines, the school social work and guidance departments are available to help with any mental health needs our students may have. Please reach out via email:

SMPS - Karen Barnes, PhD kbarnes@rsu73.com

SMPS/SMES Special Education - Heather Hyatt, LCSW hhyatt@rsu73.com

SMES - Jenn Stone, LSW, MS in Educational Psychology jstone@rsu73.com

SMMS - Catherine Siggins, MS Community Health & Counseling csiggins@rsu73.com

SMHS - Chris Beaudoin, School Counselor cbeaudoin@rsu73.com

SMHS - Emily Burke, School Counselor eburke@rsu73.com

SMHS - Kristy Labonte, LCSW klabonte@rsu73.com

Mental Health Emergency Numbers:

Maine Crisis Hotline: 1-888-568-1112

National Hotline: 1-800-273-TALK

Things to keep in mind...

Remain calm and reassuring

- Children will react to and follow your verbal and nonverbal reactions.

Make yourself available

- Children may need extra attention from you and may want to talk about their concerns, fears, and questions.

Monitor television viewing and social media

- Limit television viewing or access to information on the internet and through social media. Try to avoid watching or listening to information that might be upsetting when your children are present.

Maintain a normal routine to the extent possible.

- Keep to a regular schedule as this can be reassuring and promotes physical health.
- Put an emphasis on physical outlets and outdoor activities, good nutrition and plenty of sleep.

Be honest and accurate

- In the absence of factual information, children often imagine situations far worse than reality.

Resources

Child Mind Institute

[Talking to Kids About the Coronavirus](#)

SAMHSA

[Coping with Stress During an Infectious Disease Outbreak](#)

Advice on children's health, behavior and growth.

kidshealth.org