

Longdale Elementary School Counseling Resources for Families

March 16, 2020

Dear Families:

We know there is much uncertainty right now, but we believe it is important for all of us to take care of ourselves and our families. While we are away to ensure we are staying physically healthy, we also want to make sure we are taking care of our mental and emotional health. During this time, we understand many different feelings and thoughts can arise. We want to provide resources to help support you and your families while we are navigating this period away from school. Here are a few links to resources on how to talk to our students about the Coronavirus, how to deal with fear and anxiety, mindfulness strategies, and coping skills.

[Managing Fear and Anxiety During Health Pandemic](#)

[Video made for kids about the Coronavirus](#) and [How to talk to your young children about the virus](#)

[25 Mindfulness Activities for Kids and Teens](#)

[Calming Anxiety - Coping Skills for Kids](#)

[Deep Breathing Exercises for Kids](#)

In the event you need access to mental health services, please utilize the information below:

Henrico Mental Health- East End Location

East End Location:

(804) 727-8100

3908 Nine Mile Road

Henrico, VA 23223

Henrico Mental Health- West End Location

(804) 727-8500

10299 Woodman Road

Glen Allen, VA 23060

Emergency Mental Health Services: (804) 727-8484

From,

Kristen Kines

School Counselor

Longdale Elementary School