

We miss seeing all the students at school each day. Even though these times are tricky, together, we can make a difference and slow down the virus which will hopefully get us back together soon.

Please know that you can connect with both Mrs. Feldner and Mr. Sheffield through their school email address during the distance learning school day hours of 8:00 am - 1:00 pm. If you email outside of this time, we will respond in a timely fashion, but it may not be until the next 'school day'.

It is expected that we, adults and children, will be experiencing a wide range of feelings during this time. Know that you are NOT ALONE. We are in this together and that is the way we will get through it!

Here are a few things you might find helpful as you support each other at home:

The CDC offers some good information about stress and coping for families in the following article:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html#parents>

The next link is specific to Covid-19:

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

Should you or anyone you know need mental health support, there are several options in our community. Mental health support is as important now as it ever was. If you were receiving support before the stay-at-home order, I encourage you to connect with your provider to continue supportive services. Most mental health providers are offering tele-counseling to help with the added stress of the times.

Transitions of Western Illinois has established a hotline:

- C-19 Emotional Support Hotline (217) 653-0416. It is available 8am - 8pm, 7 days a week.
- For mental health crisis: 24 hour crisis line (217) 222-1166

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call:

- 911
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

During times of added stress and big feelings, it is necessary to find ways to connect. Connect with each other at home, connect with friends/family via technology, connect with nature, etc.

Keeping you in our prayers,

QND Counseling Department