

## **Community Resources:**

[Help is Here: Talk to Someone](#)

[Will County Support Services](#)

[Community Services List Recommended by Summit Hill School District Mental Health Providers](#)

## **Summit Hill School District Supports:**

It is important for students to have access to social work and counseling services during this challenging times. District 161 has created a specific email ([SELsupport@summithill.org](mailto:SELsupport@summithill.org)) to support our students' social and emotional, mental health, and wellbeing. This email will then be routed to a specific mental health provider in your child's school to help address the specific concerns. The student or parent should leave their name, school, and grade level and a school mental health provider will return the email within 24-48 hours on school days.

**\*\*PLEASE NOTE:** This is not an emergency line. If you or someone you love is experiencing an urgent, life-threatening mental health crisis, call 911, clearly state that you or the individual is experiencing a mental health emergency and ask for assistance immediately.

## **Talking to Children About Coronavirus:**

[Coronavirus: A Book for Children](#)

[Child Mind Institute: Talking to Kids About the Coronavirus Crisis](#)

[Bright Horizons: Talking to Children about COVID-19 \(Corona Virus\)](#)

[PBS: How to Talk to Your Kids About Coronavirus](#)

[CDC-Talking to Kids About the Coronavirus](#)

[National Association of School Psychologist: Talking to Children about COVID-19](#)

[BrainPOP: A kid-friendly video explaining Coronavirus](#)

[NPR: A comic exploring the new Coronavirus](#)

[Second Step: A compiled list of resources you can use to help young people learn the social-emotional skills they need to get through these challenging events](#)

[Illinois State Board of Education Resources](#)

# Supporting Children Social Emotional Needs & Helping Them Cope

[Unicef: 6 ways parents can support their kids through the coronavirus disease \(COVID-19\) outbreak](#)

[Forbes: 18 Tips on How to Cope With Children During Quarantine](#)

[WSVN: Psychologist offers tips to help children adjust to life during coronavirus spread](#)

[The Clay Center for Young Healthy Minds: 7 Ways to Support Kids and Teens Through the Coronavirus Pandemic](#)

[Understood.org: Child Coronavirus Anxiety: What to Do](#)

[Zerotothree.org Tips for Families: Coronavirus](#)

[CDC-Helping Children Cope with Emergencies](#)

## Parenting Support & Guidance During School Closure

[How to Help Your Child Succeed During Distance Learning](#)

[Supporting Families with PBIS at Home](#)

[How to Keep School Rhythm and Routine for Young Children at Home](#)

[Making the Most of COVID-19 School Closures](#)

[Parents: Supporting Learning During the COVID-19 Pandemic](#)

[Quartz: How to Manage Your Kids' Screen Time During the Coronavirus](#)

[CNBC: 5 Tips for Effectively Working From Home During the Coronavirus Outbreak, When You Have Kids](#)

[Popsugar: It's Okay if You Do Nothing "Extra" With This Time at Home With Your Kids](#)

[LA Times: The Ultimate Guide to Hanging Out Virtually With Friends](#)

## **Social-Emotional Learning Resources**

[Free Social Emotional Learning Activities](#)

[GoNoodle-Good Energy at Home](#)

[How to Keep School Rhythm and Routine for Young Children at Home](#)

[75 Ways for Kids to Connect & Contribute](#)

## **Social Media Resources**

[Raising Digitally Responsible Youth](#)

[18 Social Media Apps and Sites Kids are Using Right Now](#)

Parenting Guide to Tech Safety & [Video](#)

## **Summit Hill School District 161 Safe Schools**

[Parent Guide to Safe Schools](#)