



*A Tradition Of Pride · A Tradition Of Excellence*

School Counselors/Case Managers/Student Assistance Counselors will be available via email for student/parent consults for NON-EMERGENCY supports, based upon counselor availability during school hours. During a behavioral/mental health crisis or psychiatric emergency please contact Perform Care (877-652-7624), Psychiatric Emergency Screening Services (866-904-4474) or call 9-1-1 and/or your local police department (609-693-6636).

**Local support services for families in need of crisis intervention and support**

Perform Care (FREE Behavioral crisis & stabilization services)  
877-652-7624

Psychiatric Emergency Screening Services (hospital based emergency screening for suicidality)  
866-904-4474

Ocean Mental Health (Community Agency offering mental health services)  
732-349-5550

Preferred Behavioral Health (Community Agency offering mental health services)  
732-367-4700

Family Crisis Intervention (FREE in-home behavioral health and stabilization services)  
732-240-3638

2nd Floor Youth Helpline (FREE anonymous helpline for teens to share thoughts/feelings)  
888-222-2228

Ocean County Health Department  
732-341-9700

Lacey Township Police Department  
609-693-6636

## **Resources for Talking and Supporting Children during COVID-19**

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)

[Coping with Stress During Infectious Disease Outbreaks](#)

[Transmission of Coronavirus Disease 2019 \(COVID-19\)](#)

[Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About.](#)

[Mental Health and Coping During COVID-19](#)

### **Suggestions to support students/families**

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- Remain Calm and Reassuring
- Make Yourself Available (extra attention and time to talk)
- Avoid excessive blaming
- Monitor television viewing and social media
- Maintain a normal routine to the extent possible
- Be Honest and Accurate
- Review and model basic hygiene and healthy lifestyle practices for protection
- Keep explanations age appropriate

### **Coping Skills and Strategies for Teens Dealing with Stress**

#### **Just for Teens: A Personal Plan for Managing Stress**

- Make sure your basic personal needs are being taken care of: healthy food, water, getting enough sleep, personal hygiene and grooming.
- Acknowledge what you are feeling and understand that everyone copes differently.
- Self soothing using your five senses: something to touch, hear, taste, smell, and see.
- Emotional awareness tools: list/chart your emotions, write/journal emotional reflections, drawing/using art to express feelings.
- Mindfulness (tools for centering and grounding yourself in the present moment), use of Deep breathing techniques and Meditation/Yoga relaxation exercises.
- Use of Exercise (running/walking/dancing)