

Dear Parents and Guardians,

We recognize that you and your students are experiencing many emotions during this time of quarantine and e-Learning. These unprecedented times give our students an opportunity for growth in the areas of social-emotional learning (self-awareness, self-management, social awareness, relationship skills, and responsible decision-making).

Many students may be sharing with you that they are struggling at home. They may feel overwhelmed, anxious, fearful, sad, or angry. This is normal. This sudden change and transition is difficult for us as adults. Children are no different. The academic work that is not being completed may be due to your child feeling overwhelmed and choosing to avoid getting started. As caretakers, it's natural that you want to provide support, care and guidance for your child. Here are a few suggestions:

- Empathize with your child
- Validate their feelings
- Practice self-care (you have feelings, too!)
- Help them to create a schedule

During this time, you might need resources. We've put together a list of resources to assist you.

- Social Work webpage: This page is updated weekly with resources for both parents and students. <https://www.d121.org/Page/251>
  - Resources
  - Links
  - Workbooks (COVID specific worksheets)
- Social Work Instagram page: On Instagram? You and your student should follow our social work team on Instagram at [everythingsocialwork\\_wths](#).
  - Mental health support
  - Encouragement
  - Motivational tips
- Social Work YouTube page: We are creating a YouTube page to address a variety of concerns. YouTube channel is [everythingsocialwork\\_wths](#)
- If you find yourself needing assistance finding food, shelter, rent or utility assistance, or other essential services call 211 or text your zip code to 898211 to speak to someone who can help 24/7. The United Way of Lake County is also coordinating volunteers via its website: [www.211lakecounty.org](http://www.211lakecounty.org).
- Please note that Warren Township Youth Services is providing free mental health services for both students and adults. Please contact 847-244-1101 X401.
- If your child is in crisis and is talking about harming him/herself or others, please dial 911 immediately. You are not overreacting. You are doing what you need to do to keep your child safe.

If your child needs assistance with creating a schedule, processing feelings, motivation, etc. Please do not hesitate to reach out to us. We know that there will be situations that are unique and you may have questions. Please reach out to us. Call us, e-mail us, set up a Google Meet - we are here for you. We recognize that you and your family may be impacted by COVID-19 and we want to remind you that we are a support for you as well. If you need to process current events/e-Learning or need any emotional or mental health support, please reach out. We wish you nothing but success in these trying times!

Stay well,

*WTHS O'Plaine Mental Health Team*

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**STUDENT SERVICES TEAM CONTACT INFO:**

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