

A message about the importance of your child's well-being and Social Emotional needs:



We understand what is going on right now with the coronavirus can be stressful. So we are reaching out to let you know that we will be offering materials to assist families with mental health, social emotional needs, as well as where to find vital information for community outreach. These packets will be distributed weekly but the most up to date information can be found on the “at home learning” section of the Lowell Public Schools website: lowell.k12.ma.us/homelearning.

At this link you will find academic resources for your child's grade level but also social emotional learning (SEL) activities/resources to help children to talk about their feelings and adjusting to our new “normal”. Be sure to check them out at the link above and stay tuned for LPS #wellnesswednesdays.

If you are in need to speak with someone with questions or concerns during this time of need Lowell Public Schools is providing assistance to our student's families, by calling our Family Resource Center at **978 674-4321**. We can help connect you with community programs, support hotlines and even a way to consult with our staff that specialize in mental health and social emotional needs for you and your child.



Talking to Children About Coronavirus

As indicated by the Center for Disease Control, children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared. Not all children and teens respond to stress in the same way. Some common changes to watch for include:

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

There are many things you can do to support your child

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and [share facts](#) about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family’s exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT

1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT

2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT

3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT

4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT

5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact



MENTAL HEALTH SUPPORTS

The following resources are meant to address urgent mental health needs. Experiencing something unforeseen or unprecedented such as the COVID-19 may produce symptoms that can seem unmanageable. Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in. Your mental health and that of loved ones you care for is extremely important during this stressful time. It is important to tune in and recognize if signs or symptoms such as intense sadness, depression, irritability, anxiety, or feeling of wanting to harm yourself or others are present. **If in need REACH OUT.** Below you will find some resources to keep close at hand if you or someone you care about is in Crisis.

Suicide Hotlines:

Samaritan Statewide Hotline - 877-870-4673
National Suicide Prevention Lifeline -
800-273-8255
The Trevor Helpline (LGBTQ) - 866-488-7386
Veteran's Help Hotline - 800-273-8255 (Press 1)
Call2Talk - 508-532-2255

LOWELL EMERGENCY SERVICES

Lahey Crisis Clinic - 978-455-3397 is open and available for mental health crisis evaluations - call for an appointment. In all cases of an emergency you can always call Lowell Police at 978-937-3200 or 911 or go to your local hospital emergency room.

ADDITIONAL CRISIS RESOURCES

Domestic Violence Hotlines:

Statewide Hotline SafeLink - 877-785-2020
Lowell Police Department, Family Services Unit - 978-674-4502
Alternative House - 888-291-6228 or 978-937-3200

Substance Abuse Hotlines:

Substance Abuse information and Education Helpline - 800-327-5050
www.drugfreegreaterlowell.org

Parent Hotlines:

Parent Stress Hotline - 800-632-8188
[Parents Helping Parents website - https://www.parentshelpingparents.org/](https://www.parentshelpingparents.org/) (offers online support groups)

CoronaVirus Stress Hotlines:

Disaster Distress Helpline: 1-800-985-5990

Text **TalkWithUs** to 66746 to connect with a professional, confidential, multilingual counselor

Lowell Community Resources Updated (3/20/2020)

Service	Contact	Availability
Counseling:		
Arbour Counseling	(978) 453-5736	Telehealth Only
Bridgewell Counseling	(978) 459-0389	Telehealth Only
Ctr. for Family Development	(978) 459-2306	Telehealth Only
Ctr. for Hope and Healing	978-452-7721 800-542-5212 (H)	Phone calls only or call the hotline 800-542-5212 for support
Lahey Crisis	(978) 937-9700	Open, call to make an appointment
Lowell Community Health	(978) 937-9700	Telehealth/phone calls only
Northeast Family Services	(774) 206-1125	Telehealth - accepting new referrals
South Bay Counseling	(978) 453-6800	Telehealth Only
St. Ann's Counseling	(978) 682-5276	Telehealth/phone calls only
Trinity Care Associates	(978) 455-0756	Telehealth/phone calls only
Trauma & Family Integration	(978) 677-7823	Telehealth only

Multiple Services:		
Community Teamwork(CTI)	(978) 654-5607	Phone Calls Only
NFI - Family Resource	(978) 455-0701	Only by phone
Wayside	(978) 221-6923	Video conferencing and phone calls. Taking referrals
http://lowell-mutual-aid.com		Can request help at this site.
Catie's Closet		Providing service at 9 lunch schools
Childcare:		
Boys And Girls Club	(978) 654-7174	Closed until schools reopen
CTI	(978) 454-7825	Closed until schools reopen
YMCA	(978) 458-4526	Closed until schools reopen