

Trevvett Elementary School Counseling

Resources for Families - COVID 19

March 16, 2020

Dear Trevvett Family,

In these uncertain times, it is so important that we take care of ourselves - both physically and mentally. Lots of thoughts and feelings will arise during this time.

Here are some resources to support you and your family while we are navigating this period away from school. These links include resources about how to talk to students about the Coronavirus, how to deal with fear and anxiety, mindfulness strategies, and coping skills.

[Managing Fear and Anxiety During Health Pandemic](#)

[Video made for kids about the Coronavirus](#)

[How to talk to your young children about the virus](#)

[25 Mindfulness Activities for Kids and Teens](#)

[Calming Anxiety - Coping Skills for Kids](#)

[Deep Breathing Exercises for Kids](#)

Please check <https://henricoschools.us/covid19/> for updated information from HCPS.

In the event you need access to mental health services, please utilize the information below:

Henrico Mental Health- West End Location

(804) 727-8500

10299 Woodman Road

Glen Allen, VA 23060

Henrico Mental Health- East End Location

(804) 727-8100

3908 Nine Mile Road

Henrico, VA 23223

Emergency Mental Health Services: (804)-727-8484

Stay safe and healthy,

Bethany Bushey

School Counselor