

## Where to find Help:

If during this time away from school you find yourself struggling emotionally or in need of talking to someone, there is help. Reach out to the following who are all willing to help:

## Useful Numbers & Websites

In an emergency, dial 911

SafeVoice  
1-833-216-SAFE (7233)  
Safevoicenv.org

The Harbor  
(702) 455-6912  
theharborlv.com

CCSD Police  
702-799-5411

Mobile Crisis Response  
Team, 24/7/365  
702-486-7865

National Suicide  
Prevention Hotline  
1-800-273-8255  
Suicidepreventionlifeline.  
org/chat/

Crisis Text Line:  
Text HELLO to 741741

## Quick Links to CCSD Resources

COVID-19 Updates  
Food Distribution Sites  
Student Learning  
Opportunities

## Tips for Supporting Teenagers During the Coronavirus Crisis

- ❖ Encourage an open discussion. Explain what is happening in teen-friendly terms.
- ❖ Listen to and acknowledge their worries. Remind them that you are doing whatever you can to keep them safe and healthy.
- ❖ Remember that they are watching us and our reactions to this crisis. Our behaviors and feelings mold and form their behaviors and feelings.
- ❖ Maintain a structure and a routine at home.
- ❖ Support creative and outdoor activities in safe settings. Teach healthy coping strategies such as breathing techniques, journaling and drawing.
- ❖ View the extra time at home as a gift to spend quality family time together.
- ❖ Minimize watching the news about the virus. Discuss news issues that you find concerning with them.
- ❖ Encourage academic learning by helping them problem-solve, find reading opportunities, and search for topics on the internet that may be of interest to them.
- ❖ Encourage them to maintain positive communication with friends and relatives.
- ❖ Be mindful of their "screen time" and ensure that they are doing a variety of "non-screen" activities.
- ❖ Monitor their moods. Be especially aware of possible depression and anxiety. If you feel that they need help working through an issue, use the useful numbers to the left to get some help or email their school counselor who may be able to assist you in finding the appropriate resources.

## Grade Level & Parent Resources Online

A Parents Resource Guide to Social and Emotional Learning

ReachOut.com

Coping Skills Toolbox

Have you filled out the FAFSA yet? Free Application for Federal Student Aid (FAFSA)  
College Admissions Status Update

**APPS** - Below is a list of free apps to help support your child(ren)'s emotional health. Please note that these apps are not promoted by CCSD and are listed as mere suggestions of appropriate emotional health apps for teens.

Calm Harm  
Headspace  
The Check-in  
Chats For Life

Daylio  
HealthTap  
MoodMission  
Pause

Stop, Breathe & Think  
SuperBetter  
1 Giant Mind  
Moodpath