**COUNSELING RESOURCES for SCHOOL CLOSURE-WEEK 2**

- ***Keep a routine.*** Go to bed and wake at a reasonable hour each day. Take a shower and get dressed for the day. Schedule time to be active and productive. Remember ABC Please skills from DBT and consider the Healthy Mind Platter when developing a schedule.
- ***Maintain contact with outside providers/therapists***. Although in person appointments may not be happening at the moment, ask your provider if you may schedule time to speak by phone or other virtual options. It is important to continue to develop and practice coping strategies, especially at this time!
- ***Be mindful of media intake.*** Temporarily limit exposure to sources that increase anxiety, depression, loneliness, fear, and anger and stick to content that helps you feel hopeful, happy, calm, connected, inspired and uplifted!
- ***Make healthy choices.*** Fuel your body with nutritious food (meals, snacks and hydrate, hydrate, HYDRATE!). Schedule time to go for a walk or other exercise daily. Avoid nicotine, drugs and alcohol.
- ***Take Medication as Prescribed.*** Or consult with your prescriber if you have questions or would like to make changes.
- ***Do something to feel productive.*** If you're behind, chip away at some outstanding assignments. It will help you keep from getting bored, can serve as a distraction, and will reduce long term stress. If you have a question for a counselor or teacher, please reach out via email. Or tackle a project at home that may help you feel productive.
- ***Stay connected. Genuinely connected.*** Have real in person conversations with your family, phone/facetime conversations with friends and extended family, write letters/cards, play board games with your family, spend time with your animals. Reach out to friends and loved ones via facetime or other video platforms that feature more **authentic** 1-1 connection.
- ***Reach out to your supports!***
- **Please see below for helpful links and resources**

## Need food? Or want to help neighbors who do?

The Interfaith Food Pantry at 685 Main Street, Hingham is open and ready to help both families who can come pick up food as well as families who want to help the community safely. They will be accepting donations on Monday, March 23 from 2:30 -4:00 and Wednesday, March 25th from 12:30 - 2:00. Families can pick up food or pantry volunteers will deliver it. Here a link with more information.

## Helpful  Resources to Consider

## Hotline Numbers:

**Hingham Town Social Worker Cheryl West - 781-804-2370**
**https://www.hinghamlibrary.org/400/Social-Worker**

**Aspire Health Alliance- Mental health crisis screening hotline - 24 hours- 800-528-4890**
**https://www.aspirehealthalliance.org/our-programs/for-children-families/emergency-crisis-services/#**

**National Suicide Prevention Lifeline 800-273-8255**

**The Trevor Project (for LGBTQ youth) 800-866-488-7386 or text start to 678-678**

**Network of Care Massachusetts**-Information about resources in your community for children and adults with mental health needs.

**Hingham Link-** The Hingham Link is a service for people "who just want to connect with another person when they're feeling alone, can't get out to pick up groceries, or who aren't sure who to call about a particular issue that's troubling them" according to the Hingham Anchor.

**Yoga4Classroom**
**If you subscribe to their newsletter, they are sending out daily mindfulness activities everyday at noon**

**Cosmic Kids Yoga**

**World Health Organization: Helping Children Cope with Stress**

**Social-Emotional Choice Board**

**Calm app and computer access - Calm is offering more free resources to support people at this time.  Just scroll down and the meditations are there for you to click on.**

**Hello@biglifejournal.com-How to make the most of a difficult time (elementary grades).**

**Tips and resources for news literacy, media balance, and healthy communication.**

**Five Steps to Living with Uncertainty During Coronavirus (helpful visual)**