

Caring for the Emotional Well-Being of your Families During the COVID-19 Outbreak

Concern over this new virus can make families anxious. Here are a few tips from Cincinnati Children's Hospital:

- 1- Manage your own anxiety by limiting your exposure to the news.
- 2- Ask your child what they know in order to address misinformation.
- 3- Ask your child what they're worried about so that you can ease their anxiety directly.
- 4- Explain facts on a developmental level-be honest and revisit only if needed.
- 5- Explain what is being done at the community level
- 6- Explain what your family is doing
- 7- Reinforce kindness & tolerance



What to do if you or a family member or friend is struggling with their mental health?

1- Please contact one of the resources below, either a community resource or a counselor

-If your child receives school-based mental health services, their contact information is also below

2- Please **DO NOT** go to the Emergency Room for a mental health crisis due to potential spreading of COVID-19 for the health and safety of your family and others

-You can contact 911 in an emergency and they will help you and connect you to the appropriate resources

3- One of the community resources below or your counselor will be able to recommend a place you can go to get help without putting yourself, your family, or others in danger of getting or spreading COVID-19

Community Mental Health Resources

North Key: 859-824-4442

The Ridge: 859-269-2325

Holly Hill: 859-442-8500 or 859-635-0500

Mebs & Associates: 859-835-2573

NECCO: 859-594-4510

The Brook: 502-426-6380

Sun Behavioral: 859-446-0115

Mental Health Crisis Resources

North Key Stabilization Line: (859) 331-3292

The Ridge Crisis Line: 1-800-753-4673

Our Lady of Peace Lexington: (859) 313-3515

Sun Behavioral: 859-446-0115

Crisis Hotlines

National Suicide Prevention Hotline: 1-800-273-TALK (8255)

Crisis Text Line: Text Help to 741-741

SAMHSA's Disaster Distress Hotline: 1-800-985-5990

SAMHSA's Disaster Distress Distress Text Line: Text TalkWithUS to 66746

If your student has School Based Therapy each agency will be contacting you to set up options modes of therapy (telehealth, in home, or office based therapy) during this time. If you have further questions about their services please contact them directly at the following numbers.

North Key: 859-824-4442

Bluegrass Behavioral: 859-360-3006

Holly Hill: 859-442-8500 or 859-635-0500

Mebs & Associates: 859-835-2573

NECCO: 859-594-4510

Please use the numbers below if you would like to contact your school counselor directly.

Crittenden Mt. Zion Elementary:

(859) 824-2847 sarah.pinson@grant.kyschools.us

Dry Ridge Elementary:

(859) 824-2864 brandi.dunn@grant.kyschools.us

Mason Corinth Elementary:

Please request your counselor or use the dial by directory.

(859) 824-3109

lauren.charles@grant.kyschools.us

Sherman Elementary:

(859) 428-5505

michael.dimera@grant.kyschools.us

Grant County Middle School:

Please request your counselor or use the dial by directory.

(859) 824-7161 kathleen.sheshull@grant.kyschools.us

(859) 824-7161 amanda.walker@grant.kyschools.us

Grant County High School:

Please request your counselor or use the dial by directory.

(859) 824- 9739 nicole.davis@grant.kyschools.us

(859) 824- 9739 jodi.mulligan@grant.kyschools.us

(859) 824- 9739 david.schneider@grant.kyschools.us