3/23/20

Hello RLC Parents. These are some trying times. A new normal that none of us saw coming is adding stress to our lives. This is a normal human reaction. Finding healthy ways to manage the stress is key. I have posted many suggestions for you and your family to ease stress. Check out these links.

Please do not hesitate to call or email me. Know that school staff phones (Nurse, Child Study Team) are being connected to our email. Leave a message and we will get back to you.

Here are some suggestions from Nidia Alvarez, our School Psychologist:

“Other things to help with our emotional health include consistent exercise, mindfulness activities, focusing on our faith practices (our religion), and getting out for some sun and fresh air where you can view greenery/nature. Other ideas, include finding new things to do with free time, for example, focusing on a hobby that you have been postponing, now is the time to practice it. Learning something new, and of course spending time with our family and pets.”

For those times that you need an immediate response, here are some important ***Hot Line Numbers***. *Do not hesitate to call these numbers if you or a family member need help*.

Disaster Distress Hotline (SAMHSA)

1800-985-5990

Crisis and Emotional Distress- Text Services

Text 839863

Open 6:00 pm to 9:00 pm

Crisis Text Line:

741741  text the word "start" to start a conversation with a counselor

National Suicide Prevention Lifeline

1800 273-8255 and Online chat at: preventionlifeline.org

Horizon's Link:

<https://emergency.cdc.gov/coping/selfcare.asp>

Blue Cross Blue Shield-NJ Direct

1800-991-5579