**Social & Emotional Health – Message from Mrs. Taylor**

Good afternoon, Jordan Family.

Please know that the health and safety of our school community is the priority during this school closing period. We also know that many of our students are feeling anxious, worried, and disappointed and we recognize that individuals react differently to anxiety and stress. We want to make sure that you are aware of available resources to support our students’ social and emotional health at this time.

* **Co-Located Mental Health** - Students who are currently receiving services from one of six DPS Co-Located Mental Health providers will continue receiving services through teleconferencing.
* **El Futuro** - Students whose first language is Spanish can reach out to [El Futuro](http://track.spe.schoolmessenger.com/f/a/jjVmtMv-Jk_8Q327D-rq7A~~/AAAAAQA~/RgRgZ18ZP0QYaHR0cHM6Ly9lbGZ1dHVyby1uYy5vcmcvVwdzY2hvb2xtQgoAAJkrhl4iI6u7UhhCcmlhbl9NY2RvbmFsZEBkcHNuYy5uZXRYBAAAAAE~) for support. They can be reached at (919) 688-7101 ext. 600.
* **Say Something Anonymous Reporting System** - DPS students currently in grades 6-12 can continue to use the Say Something Anonymous Reporting system to report students in crisis or needing emotional support.
* **Carolina Outreach Behavioral Health Urgent Care** is a community based resource that provides immediate mental health needs, including medication bridges, safety assessments, and crisis counseling as well as making thoughtful connections to ongoing services to assure continuity of care.  They can be reached at 919-251-9009.
* **Freedom House Recovery Center:  Mobile Crisis Services 24/7 -** A mobile crisis team can come to students and staff homes or other locations and guide them safely through a mental health or substance abuse crisis.  The mobile crisis dispatch can be reached at 1-866-275-9552.  If an emergency please contact 911.

Students are encouraged to reach out to their school counselor for support. Our school counselors have also created a “Self-Care Strategies" [Tip Sheet](http://track.spe.schoolmessenger.com/f/a/rlW_r5qNFswqtcHLx9zMlA~~/AAAAAQA~/RgRgZ18ZP0RgaHR0cHM6Ly9kb2NzLmdvb2dsZS5jb20vZG9jdW1lbnQvZC8xNFczQUt2QV9kY1JJeWdtRVpSUXVIY2g4cExnQWlXZDM4eHpMWEdCYnB5cy9lZGl0P3VzcD1zaGFyaW5nVwdzY2hvb2xtQgoAAJkrhl4iI6u7UhhCcmlhbl9NY2RvbmFsZEBkcHNuYy5uZXRYBAAAAAE~) for students. Our teachers are in the process of “checking in” with our students. Assistant Principal Ganim is working with the PTSA and teachers to provide social connectivity activities for our students.