

## Resources:

**DMS Tech. Support:** If you have Issues with Canvas, or Chromebook problems, etc., please email Taunya Mowery for help/support (mowery\_t@hcde.org)

Visit the [HCS Continued Learning](#) site to find additional academic support & also links to Online Learning Portals and Websites such as Google Classroom, Canvas, i-Ready + more!

**HCS Continued Help Hotline** - Mon.-Fri. 8am-5pm (423) 498-5437

## Advice for Students:

Help yourself stay academically organized and more productive by **writing down your assignments!** Lost your agenda mate? No problem! You can use anything from a sheet of paper, the downloads below, or try a new app designed for this! Links to homework sheets you can download/print:

[homework sheets \(5 different formats\)](#) [Mon-Fri blank boxes](#)

[Daily- simple subject/assignment](#)

Apps to help stay organized/manage time:

[Google Keep \(take and keep notes/post-it style\)](#) Google Tasks (search google play store) [Google Classroom- built in Calendar](#) (left menu)

[myHomework Student Planner](#) [ihomework](#) (*iOS only*)

# **Coping with Changes: Resources for Students**

The outbreak of coronavirus AND transiting to a new way of learning from home and school could certainly come with strong emotions. Below are some activities, worksheets, websites and apps, your counselor has pulled together in an effort to help support students' mental health during this time.

Your counselor is available to go over any of these worksheets/activities with students individually (via phone, video/zoom, or in person). Please reach out to talk more about any struggles you are experiencing and need help with. Remember, I am just an email away!

**Are you Stressed?** Worksheet- sometimes, you need to switch up and try different coping skills to find one that works best.

## **99 Coping Skills.**

Steps to Solving a Problem worksheet

Persistence Pays Off worksheet

I Don't Want to, But I Will Anyhow... worksheet

Initiating Communication to Help Yourself! Worksheet

Procrastination (link - tips/advice)

Worrying (link - tips/advice)

More **Social Emotional Learning Activities** website covering a variety of topics

**Anxiety, Social Thoughts, and What You Can Do to Help Yourself Be Included** worksheet

When your thoughts become overwhelming, write them down. Sometimes it helps to get it out of your head and on paper. A **Brain Dump** is a great place to start.

## Additional Resources for Parents:

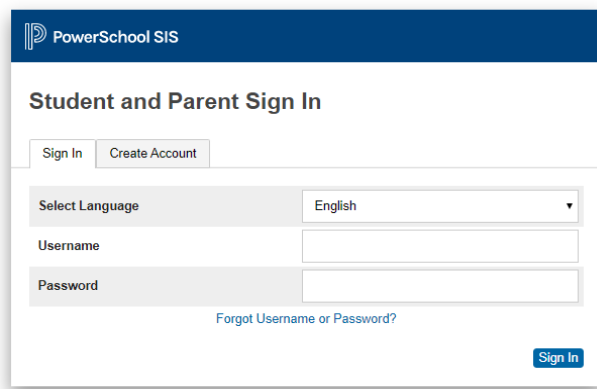
~Talking to Children About COVID-19 (Coronavirus)

~Coping With Stress During Infectious Disease Outbreak

~5 Ways Parents Can Help Children Develop Social and Emotional Skills

## CHECK GRADES AND ATTENDANCE ONLINE:

Click [HERE](#) to login to PowerSchool



The image shows a screenshot of the PowerSchool SIS login page. At the top, there is a dark blue header with the PowerSchool SIS logo. Below the header, the title "Student and Parent Sign In" is displayed. There are two tabs: "Sign In" (selected) and "Create Account". The "Sign In" tab contains a "Select Language" dropdown menu set to "English", a "Username" text input field, and a "Password" text input field. Below these fields is a link that says "Forgot Username or Password?". At the bottom right of the form is a blue "Sign In" button.

## Bullying Prevention / Positive School Climate



Submit an anonymous tip to school and district officials. Please select the appropriate School and Topic when submitting your tip.

(click on icon - go to site)



BystanderRevolution

get the facts, view videos and learn more! check it out click on logo

or visit <http://www.bystanderrevolution.org/>

## Counselor Connections:

### Local Support & Resources

Specialized Crisis Services 866-791-9225

Trained crisis counselors are available 24 hours a day in Tennessee to respond to crises rapidly and effectively.



**When do I Call Specialized Crisis Services?**

**[CLICK HERE to learn more](#)**

## Mental Health & Suicide Prevention Resources

### IMMEDIATE HELP AND SUPPORT

#### **National Suicide Prevention Lifeline**

**1-800-273-TALK (8255)**

The Lifeline provides 24/7, free and confidential support. They are always available to help a loved one, a friend, or yourself. Also, visit [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org).

#### **Tennessee Suicide Prevention Network Crisis Text Line**

**Text "TN" to 741-741** to be connected to a crisis counselor.

The line will provide immediate support and referrals for suicidal thoughts, anxiety, depression, child and domestic abuse, substance abuse, eating disorders, human trafficking and more.

### **Mobile Crisis Unit Hotline**

**423-634-8995**

Mobile Crisis Unit (MCU) provides a 24-hour crisis response system for individuals experiencing a behavioral health crisis. The program provides assessments, triage, and access to appropriate levels of care.

### **Self-Harm Hotline**

**1-800-DONT CUT (1-800-366-8288)**

### **Tennessee Crisis Response Network**

**1-800-792-1033**

### **Youth Villages Mobile Crisis Response**

**866-791-9225**



**Suicide Prevention Life Line or call 1-800-273-8255-- 24/7 days a week**

**Tennessee Suicide Prevention Network**

## More resources and phone numbers...

**Child Abuse Info/Reporting** TN or call (877) 237-0004

**Crisis Services for Children/Teens** or call 866-791-9225

**Dental Services** TN State dental services



**CONNECT WITH  
CHATTANOOGA**

**Family Justice Center (FJC)**

The FJC serves residents of Hamilton County and the City of Chattanooga. All services provided at the FJC are FREE and confidential -- no appointment is necessary during regular business hours.

We also have bilingual staff to serve the growing Hispanic/Latino population. **Services provided:**

- Assistance in creating a personal safety plan
- Help finding a safe place for you, your children, and pets
- Education and awareness regarding domestic violence, elder abuse, and human trafficking
- Referrals to services available in Chattanooga
- Civil Legal services and help with obtaining Orders of Protection
- Personal support in court appointments
- Emotional support
- Free individual and family counseling

click [here](#) or visit <https://connect.chattanooga.gov/fjc/> for more info

**First Things First - Parenting Tweens and Teens**



**Girls Health.gov**

**Hamilton County Department of Education Girls Inc. Chattanooga** provides fun and educational in-school, after school, and school break programs for girls ages 6-18 that are research and outcome-based.

**Homebound Services HCDE**- Homebound services are provided for students who are unable to attend school due to a serious health or orthopedic impairment where the student will be absent for a minimum of ten (10) consecutive school days.

**Internet Safety Tips for Kids and Teens**



**Mental Health. GOV**

**Relative Caregiver Program (RCP) TN** - one stop shop for relatives raising non-birth children (grandparents raising grandchildren, etc.). Services link families with assistance through community resources and peer support.

**Suicide Prevention**

**Suicide Prevention Life Line or call 1-800-273-8255-- 24/7 days a week**

**Tennessee Suicide Prevention Network**

**United Way 211**





## **College and Career Exploration**

**Tennessee Promise- Drive to 55 Tennessee** - Tennessee Promise offers two years of tuition-free community or technical college to Tennessee high school graduates beginning with the Class of 2015.

**<http://www.planningyourdreams.org>** (online assessments completed w. 8th graders/school counselor)

**<https://secure.collegefortn.org>** high school, college, career support /planning/ guidance for TN students, middle school and beyond

**<http://www.act.org/explorestudent>** students take the ACT EXPLORE in the fall of 8th gr year; learn more about here!

**<https://www.collegeboard.org>** a mission-driven not-for-profit organization that connects students to college success and opportunity.

**<http://www.tn.gov/collegepays>** source for information about financing your college education in the state of Tennessee!