

Talking to Kids about COVID-19

Concern over the new virus can make children and families anxious. While there is uncertainty about the spread of the disease in the US, acknowledging the level of concern in any family member is appropriate. The resources available through the link below will help you help children cope with anxiety by providing accurate prevention information and facts without causing undue alarm. School counselors are the first point of contact for any academic, personal, or social-emotional concerns.

<https://www.fcps.edu/blog/talking-children-about-coronavirus>

Mental Wellness Consultation:

Parents may schedule a 30-minute phone consultation with a school psychologist or school social worker, for either themselves or their middle or high school student. This is an opportunity for parents to receive guidance on how to support their student's emotional well-being. For more information, click the following link: [Mental Wellness Consultation](#)

Fairfax County Public Schools

School Social Workers, School Psychologists and School Counselors Supporting Mental Wellness

School social workers, school psychologists, and school counselors are available to support every student in our school communities with mental wellness during COVID-19 pandemic.

We have developed this resource brochure to support families with a variety of mental health and community based resource needs during school closures.

We hope this information is a helpful resource guide for students and families during school closures.



Follow us on Twitter!

School Counselors: @FCPS_SCS

School Psychologist s: @FCPSPsychs

School Social Workers: @SWS_FCPS



Mental Wellness and Community Supports During Distant Learning



Department of Family Services

CPS Hotline-703) 324-7400

We all need help taking care of our children. Please call if you're:

- concerned about a child's well-being.
- want to report or discuss a possible abuse or neglect situation.
- want advice, counseling, resources or help.

Parent Support Line-703) 324-7720

This parent line is a great resource for parents and caregivers of children. Staff can help with parenting advice, support, and tips to help navigate emotional and relational parenting issues. Language support is available. The support line is open Monday-Friday 8 a.m.-4:30 p.m.

Parenting Tips, Videos, and Podcasts

While schools are closed and the kids are at home learn tips from our parenting experts: www.fairfaxcounty.gov/familyservices/children-youth/parenting-education-programs



Community Mental Health Resources

Community Services Board

Assistance from a Distance Information:

<https://www.fairfaxcounty.gov/community-services-board/news/2020/assistance-from-a-distance>

- ◆ 24/7 Emergency Services-703-573-5679
 - ◆ 24/7 Detoxification Center-703-502-7000
 - ◆ CSB Entry & Referral-703-383-8500
- MyStrength App—<https://www.mystrength.com>
Provides a safe, secure and personalized set of tools to support goals and well being.
To get started for free, click “sign up” and enter the access code CSBCommunity

Inova Adolescent Hospital-703-289-7560

Inova Kellar Center-703-218-8500

Dominion Hospital, PHP & IOP-703-538-2872

NCG CR-2-844-627-4746

Crisis stabilization for youth aged 17 and younger (available 24 hours) .

Additional Resources: <https://www.fcps.edu/news-features-and-events/coronavirus-update/coronavirus-update-mental-health-resources>

Basic Needs Resources

NCS Coordinated Services Planning (CSP)-703) 222-0880

Call for assistance with any difficulties you are facing—including food, shelter, employment, financial assistance, healthcare, and other needs.

Food Resources for Families

<https://www.fcps.edu/news/coronavirus-update-food-resources>

Fairfax County Resources Across Agencies:

<https://www.fairfaxcounty.gov/covid19/>

Domestic Violence Hotline

703-360-7273

Available 24 hours a day

Domestic violence feeds off of silence and fear. If you or someone you know is experiencing abuse, please call our hotline for resources and information about domestic or sexual violence. Our Hotline Advocates are able to help. Through our language line services, we can access over 140 languages.