

## 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.



[www.fcps.edu](http://www.fcps.edu)

School Counselors @FCPS\_SCS

School Psychologists @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

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](http://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 ages 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.