



3-19-20 Update - Resources for Families

Dr. Valerie Babich <do_not_reply@westportps.org>
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Thu, Mar 19, 2020 at 11:31 AM

March 19, 2020

Dear Westport Families,

As a school community we are aware that there is growing anxiety around coronavirus (COVID-19) and its widespread impact on our daily lives. Because of the uncertainty related to this virus, anxiety is a common and valid feeling among adults and children. Keep in mind that children will respond differently depending on their age, temperament and other relevant factors.

Our school mental health staff, including school psychologists, social workers, and counselors, are available by email from 8:00 am - 3:00 pm while schools are closed. Please feel free to contact them if you have questions about how to support your child. If your child is in crisis and you need more immediate assistance, you should call 211 to connect to Connecticut's mobile crisis intervention services [uwc.211ct.org](https://www.kidsin crisis.org) or call the Kids in Crisis 24-hour hotline at 203-661-1991. <https://www.kidsin crisis.org>

It is easy to be overwhelmed by the amount of information being shared online. You can find reliable information here compiled by The Hub: Behavioral Health Action Organization for Southwestern Connecticut. This is a concise document where you will find ways to manage stress and anxiety, and you will also find resources for how to talk to your children about coronavirus.

Please stay healthy and reach out if you need support. We are here to help you during these uncertain times.

Sincerely,

Dr. Valerie Babich
Coordinator of Psychological Services
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