



## **Health Resources**

The mental health impact of COVID-19 should not be understated. Anxiety, trauma, and depression caused by job loss, isolation, seclusion, and the unpredictability about the virus that threatens the life and safety of individuals and their family members should be taken seriously. Below are mental health resources available to the community.

### **Crisis Text Line**

Text "TN" to 741741 to reach the Crisis Text Line and to immediately be connected to a trained crisis counselor 24/7. More information can be found here: <https://www.crisistextline.org/text-us/?msclkid=31960d00ed9916418b6c537c1c7f99e4>

### **National Suicide Prevention Lifeline**

Available 24/7 to provide free and confidential support for people in distress. It also provides prevention and crisis resources for you or your loved ones and best practices for professionals. You contact (800) 273-8255 or visit the website to participate in the chat feature here: <https://suicidepreventionlifeline.org/>

### **Mental Health America**

Provides online screening tests for depression, anxiety, PTSD, and addiction along with resources. Parents can take a screening to determine if their children are showing symptoms of depression or anxiety. Please note, screening tests should not be used to diagnose disorders. If you or someone you know is in need of help, please contact your nearest mental health provider. Screening tools can be found here: <https://screening.mhanational.org/screening-tools?ref=MHAMT>. General information on resources can be found here: <https://mhanational.org/mental-health-month>

## **Education Resources**

### **Shelby County Schools**

SCS teachers and District curriculum advisors are developing learning guides and videos with lessons, activities and resources aligned to the same standards and assignments students would normally be working on at this point in the school year. All of these resources are grade-specific, so just search the folder below for your child's grade. <https://www.scsk12.org/instructionalresources/index>

**Shelby County Schools and WMC Action 5** have teamed up to produce lessons on television. <https://www.wmcactionnews5.com/news/education/>

### **Free Comcast Internet**

Comcast is offering 60 days of free internet access. With any service, be sure to terminate after 60 days so you aren't charged for service beyond the free period. Find out more <https://corporate.comcast.com/covid-19?linkId=84300755> or call 1-855-8-INTERNET (1-855-846-8376) to confirm eligibility and apply.

