

## Some resources you may find helpful during this time:

**211.org (Virginia State Resource for numerous different resources)**

### Fairfax County

#### Basic Needs/ Food

- **Fairfax County Coordinated Services- (703) 222-0880**
- **FCPS meal sites:**

Bren Mar Park ES, Cameron ES, Forest Edge ES, Glen Forest ES, Herndon ES, Hollin Meadows ES, Irving MS, Coates ES, Parklawn ES, Pine Spring ES, South County HS, Annandale Terrace ES, Bailey's Primary ES, Braddock ES, Brookfield ES, Burke, School, Centre Ridge ES, Crestwood ES, Cunningham Park ES, Dogwood ES, Garfield ES, Graham Road Community Center, Fort Belvoir Upper ES, Hutchison ES, Hybla Valley ES, London Towne ES, Mount Vernon Woods ES, Providence ES, Weyanoke ES

Watch for updates: <https://www.fcps.edu/news/coronavirus-update-resources-contribute>

Beginning Thursday, March 19, Fairfax County Public Schools (FCPS) buses will begin delivering grab and go meals along some bus routes. In addition, beginning tomorrow, FCPS is expanding the number of grab and go pop-up meal sites and adding one new school location.

School buses will stop at designated intersections to deliver grab and go meals. The buses will serve neighborhoods in these school areas starting Thursday, March 19:

- Bonnie Brae Elementary School
- Bull Run Elementary School
- Island Creek Elementary School
- Lorton Station Elementary School
- Virginia Run Elementary School

Please [click here](#) for bus stop information.

The new school location is Edison High School, 5801 Franconia Road, Alexandria, where breakfast will be served from 8:00 – 10:30 a.m. and lunch served from 10:30 a.m. – 2:00 p.m., beginning tomorrow.

The new pop-up locations will serve both breakfast and lunch during the designated times beginning tomorrow:

- Mason Crest Elementary School, 3705 Crest Drive, Annandale, from 10:00 - 10:30 a.m.
- Jackson Middle School, 3020 Gallows Road, Falls Church, from 11:00 - 11:30 a.m.
- Mosby Woods Elementary School, 9819 Five Oaks Road, Fairfax, from 12 noon to 12:30 p.m.
- Hunters Woods Elementary School, 2401 Colts Neck Road, Reston, from 10:00 - 10:30 a.m.
- South Lakes High School, 11400 South Lakes Drive, Reston, from 11:00 - 11:30 a.m.

## Mental Health/ Emotional

If you or someone you care about is in crisis, please call [911](tel:911), go to the nearest emergency room or hospital or access one of the mental health resources below:

- *Reach out to a trusted adult (parent, counselor, teacher, coach, etc.)* <https://www.mentalhealth.gov/talk>
- *Try [these tips](#) for supporting a friend or family member*
- *Text **NEEDHELP** to 85511 for the [Crisis Link](#) Hotline at or call them at 703-527-4077*
- *Chat online with a specialist at [CrisisChat.org](#) or [ImAlive.org](#)*
- *Call an emergency mental health center: 703 573-5679 (Merrifield Center), 703-536-2000 (Dominion Hospital), or 703-289-7560 (INOVA emergency services)*
- *CR2 – 844-627-4747*
- **Possible Respite Care Resources for Students with Severe Disabilities**
- The Arc of Northern Virginia has a directory of 26 Child Care Respite options on their website:
- [https://thearcfnova.org/business-directory/wpbdp\\_category/child-care-respite/](https://thearcfnova.org/business-directory/wpbdp_category/child-care-respite/)
- Staff members who are interested in supporting these efforts while schools are closed can reach out to these partnering organizations. CR-2 Crisis Referral line
- **CR2 – 844-627-4747 and REACH Crisis & Referral Line: 855.897.8278**

## Educational Needs

- Continue to check the FCPS website for updates

## Prince William County

### Basic Needs

- **PWCS Food Sites:**

Elementary – Dale City, Fitzgerald, John D. Jenkins, Mullen, Tyler, Coles, Yorkshire

Middle- Beville, Graham Park, Hampton, Fred Lynn, Lake Ridge, Marsteller, Parkside, Potomac, Rippon, Stonewall, Woodbridge

High- Forest Park

### **Watch PWCS website for updates and for translations in other languages**

- **Prince William County Social Services:** 703-792-7500

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- *Try [these tips](#) for supporting a friend or family member*
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- *Chat online with a specialist at [CrisisChat.org](#) or [ImAlive.org](#)*
- *Call an emergency mental health center: 703) 792-7800 (PW CSB), 703-536-2000 (Dominion Hospital), 703-289-7560 (INOVA emergency services) or (703) 369-8000 Novant Hospital*

#### **Emergency Resources:**

<i>ACTS Helpline</i>	<i>703.368.4141</i>
<i>1.800.SUICIDE (24-hour hotline)</i>	<i>1.800.784.2433</i>
<i>Crisis Text Hotline (24-hour hotline)</i>	<i>741741</i>
<i>PWC Child Protective Services Hotline</i>	<i>703.792.4200</i>
<i>PWC Community Services Board</i>	<i>703.792.7800</i>

- If any student is in need of emotional support during this stressful time, he/she can email [studentsupportservices@pwcs.edu](mailto:studentsupportservices@pwcs.edu) to receive virtual support. Prince William County Public Schools (PWCS) will have counselors and other school-based mental health staff respond to any student who needs assistance. PWCS cares deeply about our students' emotional well-being during their time away from school, and we want you to know that we are only an email away.

As a reminder, this email will not be checked 24 hours a day, but it will be checked often during daytime hours each day. If you ever have an emergency situation, please reach out to a trusted family member who may be able to render immediate help.

### **Educational:**

- **Continue to check PWCS website**

### **All counties:**

#### **Mental Health/ Emotional Needs:**

#### **Talking to your kids about coronavirus:**

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

#### **How do destress with your kids during Coronavirus:**

<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>

### **Some ideas for supporting someone with a mental health concern:**

<https://www.mentalhealth.gov/talk/parents-caregivers> )

As a parent or caregiver, you want the best for your children or other dependents. You may be concerned or have questions about certain behaviors they exhibit and how to ensure they get help.

#### **What to Look For**

It is important to be aware of warning signs that your child may be struggling. You can play a critical role in knowing when your child may need help.

Consult with a school counselor, school nurse, mental health provider, or another health care professional if your child shows one or more of the following behaviors:

- Feeling very sad or withdrawn for more than two weeks
- Seriously trying to harm or kill himself or herself, or making plans to do so
- Experiencing sudden overwhelming fear for no reason, sometimes with a racing heart or fast breathing
- Getting in many fights or wanting to hurt others

- Showing severe out-of-control behavior that can hurt oneself or others
- Not eating, throwing up, or using laxatives to make himself or herself lose weight
- Having intense worries or fears that get in the way of daily activities
- Experiencing extreme difficulty controlling behavior, putting himself or herself in physical danger or causing problems in school
- Using drugs or alcohol repeatedly
- Having severe mood swings that cause problems in relationships
- Showing drastic changes in behavior or personality

Because children often can't understand difficult situations on their own, you should pay particular attention if they experience:

- Loss of a loved one
- Divorce or separation of their parents
- Any major transition—new home, new school, etc.
- Traumatic life experiences, like living through a natural disaster
- Teasing or bullying
- Difficulties in school or with classmates

## What to Do

If you are concerned your child's behaviors, it is important to get appropriate care. You should:

- Talk to your child's doctor, school nurse, or another health care provider and seek further information about the behaviors or symptoms that worry you
- Ask your child's primary care physician if your child needs further evaluation by a specialist with experience in child behavioral problems
- Ask if your child's specialist is experienced in treating the problems you are observing
- Talk to your medical provider about any medication and treatment plans

## How to Talk About Mental Health

Do you need help starting a conversation with your child about mental health? Try leading with these questions. Make sure you actively listen to your child's response.

- Can you tell me more about what is happening? How you are feeling?
- Have you had feelings like this in the past?
- Sometimes you need to talk to an adult about your feelings. I'm here to listen. How can I help you feel better?
- Do you feel like you want to talk to someone else about your problem?
- I'm worried about your safety. Can you tell me if you have thoughts about harming yourself or others?

When talking about mental health problems with your child you should:

- Communicate in a straightforward manner
- Speak at a level that is appropriate to a child or adolescent's age and development level (preschool children need fewer details than teenagers)
- Discuss the topic when your child feels safe and comfortable
- Watch for reactions during the discussion and slow down or back up if your child becomes confused or looks upset
- Listen openly and let your child tell you about his or her feelings and worries

## Learn More About Supporting Your Children

There are many resources for parents and caregivers who want to know more about children's mental health. Learn more about:

- [Recognizing mental health problems in children](#), how they are affected, and what you can do
- [Diagnosing and treating children with mental health problems](#)
- [Talking to children and youth after a disaster or traumatic event](#)

## Get Help for Your Child

Seek immediate assistance if you think your child is in danger of harming themselves or others. You can call a crisis line or the [National Suicide Prevention Line](#) at 1-800-273-TALK (8255).

If your child is in need of community mental health services you can [find help in your area](#).

Last Updated: 03/22/2019

## Talk About Mental Health

- [Talk About Mental Health](#)
  - [For People With Mental Health](#)

## Educational Resources:

- Spring Break will still occur as scheduled (April 6-10).
- The Virginia state superintendent announced today that the Virginia Department of Education (VDOE) will seek relief from federal and state requirements related to state required testing (Standards of Learning SOLs). PWCS will provide any updates as available.
- The state superintendent has also directed VDOE staff to review state laws and regulations related to state graduation requirements to determine what steps must be taken to ensure that seniors who would otherwise graduate this spring are not denied diplomas. PWCS will provide any updates as available.
- **Social Story to understand Coronavirus:**  
<https://theautismeducator.ie/.../The-Corona-Virus-Free...>