

# IRVING ISD

# VIRTUAL SCHOOL COUNSELING

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*Excellence in Counseling Services, Equity for all Students!*



## **WE ARE HERE FOR YOU!**

Life sometimes presents unexpected challenges that may cause extreme stress, sadness, and anxiety for our students and families! But rest assured, Irving ISD counselors are here to provide quality counseling services, even in a distance learning environment!

Students can still expect the same quality of counseling, support, and care from their Irving ISD counselor during normal business hours. We have also provided additional resources to assist our students and families!

Click [here](#) to contact your school's counselor!

## **Parent Resources & Home Guidance Activities**

### KIDS HEALTH:

<https://kidshealth.org/en/parents/coronavirus-prepare.html>

### CHILD MIND INSTITUTE:

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

### TUSCON WEEKLY (HOME ACTIVITIES):

<https://www.tucsonweekly.com/TheRange/archives/2020/03/16/things-to-do-with-your-kids-at-home-online-during-the-covid-19-closures>

### WORRY WARRIORS BY COUNSELOR KERI:

[https://www.youtube.com/playlist?list=PLI8YAZ\\_ezKNFELLp8KjJMEcn8A0YbKvRt](https://www.youtube.com/playlist?list=PLI8YAZ_ezKNFELLp8KjJMEcn8A0YbKvRt)

### SELday FROM HOME:

[https://docs.google.com/document/d/1NQGqWQjpf37VrMxlpZXzWNSd-6peZlyP6XungPVhroY/edit?link\\_id=2&can\\_id=8076d66443931465b40d4b294801ca63&source=email-selday-communications-planning&email\\_referrer=email\\_752257&email\\_subject=participating-in-selday-from-home](https://docs.google.com/document/d/1NQGqWQjpf37VrMxlpZXzWNSd-6peZlyP6XungPVhroY/edit?link_id=2&can_id=8076d66443931465b40d4b294801ca63&source=email-selday-communications-planning&email_referrer=email_752257&email_subject=participating-in-selday-from-home)

### POBBLE (NON-SCREEN ACTIVITIES YOU CAN DO AT HOME):

<https://images.app.goo.gl/qSyPe9ppfKHhfor86>



**Remember to check your email & and the district's website @ [irvingisd.net](http://irvingisd.net) for special updates & announcements!**

## **NEED HELP OR JUST WANT SOMEONE TO TALK TO???**

Contact Your [School Counselor](#) or use one of the numbers listed below!



Texas Social Services Hotline	Dial 2-1-1	Food, health, clothing, housing
National Suicide Prevention Lifeline	1 (800) 273-TALK (8255)	Depression, Suicide Crisis
Teen Line	1 (800) TLC-TEEN (852-8336)	Mental Health
National Alliance on Mental Illness (NAMI Helpline)	1 (800) 950-NAMI (6264)	Mental Health
Substance Abuse and Mental Health Services (SAMSHA)	1 (800) 985-5990	Substance Abuse/Mental Health