

Resources from the School Psychologist

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During this time of the COVID-19 pandemic, I will be providing resources that I hope will be helpful to you and your family whether you are a parent, student, teacher or other staff member. Resources will be updated periodically so please keep checking back for additional information.

These resources are intended to be resources for you to consider and help direct you to more information. At no point, are these resources to be considered mental health counseling. At this time, Virginia Department of Education has not provided guidance on teletherapy for school personnel and as a DOE licensed school psychologist I am not permitted to provide counseling outside the school setting.

CRISIS MENTAL HEALTH INFORMATION:

District 19 Community Service Board <http://www.d19csb.com/>

- Beginning March 17, 2020, District 19 services will be open with reduced operations. Buildings will be inaccessible to the public. Individuals must call ahead before attempting to visit any District 19 buildings in person. The main number for District 19 is: 804-862-8002.
 - **The local 24 hour crisis line is: 804-862-8000 and the toll free 24 hour crisis line is: 866-365-2130.**
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General Information on how to talk to your children from National Association of School Psychologists website:

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

If you are a parent or teacher/staff member, please take care of yourself. Please follow the recommended CDC guidelines to keep yourself physically healthy. In regard to your mental health, please remember to forgive yourself for the little things and be kind to yourself. These are difficult times right now. Figure out what you can control and address it the best you can and let go of the things that you cannot control right now. Keep the end goal in sight. We will get through this uncertainty.

Be safe and be healthy,

Jacquelyn Jones, Your School Psychologist