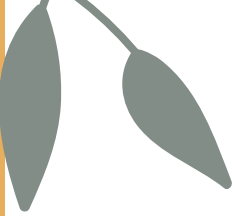


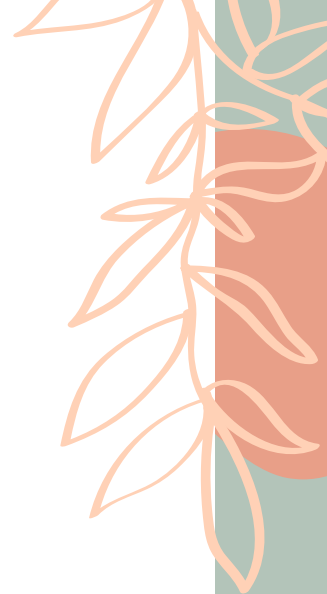


Social Emotional Support At Nichols

Resources and how you can get help



Resources



If you are looking for counseling resources, here is a list of some local providers

Websites

- Erika's Lighthouse: Information about depression
- Childmind: Resources on various health and wellbeing
 - Anxiety about returning to school
- Gender Support Resources

Apps

- Zen Lounge: mindfulness and meditation
 - Reflectly-Journal and mood tracker
 - Smiling Mind-mindfulness and meditation
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Getting help at Nichols

Our mental health team is here to support your child. If your child's mental health needs are impacting his/her/their ability to engage in school, don't hesitate to contact one of us:

Clarissa Lau
School Social Worker
Primary Grades: 6th
and 8th
Email:
lauc@district65.net

Margaret Rothe
School Social Worker
Primary Grades: 7th and
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