

COUNSELING

Are you concerned about your student's well-being and mental health during the return to school adjustment? There are several resources available to you and your student.

Elementary Schools—

Contact the School Counselor for individual and small group counseling, mental health resources, and links to online programming about bullying, trauma, and social/emotional learning (Second Step).

Middle Schools—

Contact the School Counselor and/or LIFE Counselor for individual and small group counseling, mental health resources, and links to online programming about bullying, trauma, and social/emotional learning (Second Step).

There is a Counselor Request form on the school's Blackboard to request to see a counselor in the middle school. For additional parent resources, see the Counseling and Student Records website. https://www.rcps.us/counseling

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High Schools—

Contact the School Counselor and/or LIFE Counselor for individual and small group counseling, mental health resources, and links to online programming about bullying, trauma, vaping, and other important topics. There is a Counselor Request form on the school's Blackboard to request to see a counselor in the high school.

Parenting Quick Guide to Social/Emotional Wellness--
http://www.doe.virginia.gov/support/prevention/quick-guide-se-wellness-parents.pdf

211/Community Resources-
https://www.rcps.us/site/handlers/filedownload.ashx?moduleinstanceid=9377&dataid=18233&FileName=211-Brochure-Revised-English.pdf

Trauma is the response to a deeply distressing or disturbing event that overwhelms an individual's ability to cope. Examples of trauma might be a divorce or separation, loss of employment or housing, financial hardship, or the pandemic. Here is a link to a parent presentation about helping children who may have experienced trauma.

HTTPS://CHILDMIND.ORG/ARTICLE/WILL-MY-CHILD-BOUNCE-BACK-FROM-THE-CORONAVIRUS-CRISIS/

HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/DAILY-LIFE-COPING/MANAGING-STRESS-ANXIETY.HTML

HTTPS://WWW.MHANATIONAL.ORG/RECOGNIZING-MENTAL-HEALTH-PROBLEMS-CHILDREN

SPEAKUP

If you are concerned about a classmate, are experiencing bullying or know of someone experiencing bullying, are concerned that someone is considering suicide, or have safety concerns, we encourage you to SpeakUp by calling/texting 540-595-0706 or emailing **speakup@student.rcps.us**. We take every report very seriously and will quickly respond to provide support.

Together let's be safe, be respectful and be responsible!