

Mental Health Resources

As we move our whole community back to distance learning, we wanted to highlight some Jeffco Resources that could be beneficial for supporting your student(s) and family in this season.

Check out [THIS](#) document with articles related to communication tips, tips for working parents, support for managing worry and much more. We hope this serves as a helpful resource.

Student Mental Health Hub

Jeffco students are concerned about social restrictions, school changes, and illness during these stressful times. Below you will find a variety of resources curated just for students, with student concerns in mind.

District Mental Health Hub

During this stressful and uncertain time, it is essential to address and tend to the mental health and wellness of ourselves, our family, and community. Below you will find a variety of resources to support you and your family members.

Other Helpful Links:

[Best Practices for Learning At Home](#)

[Twelve talks to have with your teens during Covid](#)

[COVID-19 Mental Health Supports](#)

[Helping Children Cope with Stress During Covid](#)