

ADHUS/FAUHS COUNSELOR CORNER

Conversations With Your School Counselors



Managing Emotional Wellness & Developing Healthy Coping Skills!

During times of crisis or drastic change, it's normal to experience feelings of anxiousness or low mood. However, there are ways to cope with these feelings. This week we will share some helpful and healthy coping strategies and tips!



Emergency Hotlines

Dial 211 for Mobile Crisis and other resources such as: COVID-19 testing, food, housing, bill assistance, medical assistance, etc.

Dial 911 for any immediate emergencies.

Dial 1-800-962-2873 for the Department of Children and Families

Suicide Prevention Hotlines:
1-800-SUICIDE

Dial 561-297-3540 for FAU Counseling and Psychological Services (CAPS). Offered to students in 9-12th grade by Ari Osman.

K-5

Elementary Coping Skills for Kids

8-12

Middle & High Healthy Coping Skills for Uncomfortable Emotions

Parents, please [CLICK HERE](#) to read this NAMI article on **How to Protect your Mental Health During the Coronavirus!**

“Taking care of yourself makes you stronger for everyone in your life... including you.”

– Kelly Rudolph



School Counseling Weekly Lessons and Tips

Managing emotional wellness and developing healthy coping skills.

Elementary (K-5)

Christine Abreu

Kindergarten-2nd Grade: Log into SeeSaw to find your SEL activity. 1st-2nd grade will find activity in their SeeSaw guidance class.

- Complete “Just Relax” activity!

3rd-5th Grade: Log into SeeSaw and click on our guidance class. 5th grade will log into their “5th Grade SEL Google Classroom.”

- Complete “Healthy Coping Skills” activity!



Middle (6-8)

Maegan Renee or *Christine Abreu*

Students can log into their School Counseling Google Classroom. If not yet registered, please register with the class code (sck56re).

- Complete this week’s SEL lesson on [NearPod](#) called: "Maintaining Emotional Wellness". Use this code **JRYWH** to access your Nearpod lesson.
- Email us if you need a wellness check-in or have any questions! Check-ins are 15-20 minutes long and offered via Zoom.



High (9-12)

Maegan Renee

Watch: [How to Quickly Get Out of a Rut](#)

Read: [How to Protect your Mental Health During the Coronavirus Outbreak](#)

- How do you cope with stressful situations?
- What helps you maintain good mental health?
- Share your healthy tips on the [Nearpod](#) collaborate page using this code **DWVIJ**.

For FAU CAPS counseling sessions
Contact Ari (osmana@helath.fau.edu).

