

ADHUS/FAUHS COUNSELOR CORNER

Conversations With Your School Counselors

Asking for help is a STRENGTH, not a weakness.



Right now may be a time you are able to help others and can find joy in doing so. However, it is equally as important for you and your children to acknowledge when you need help and who to go to! In this week's newsletter, we share important information on ways to give and receive help. Click [HERE](#) to find resources of all types!

[Watch this amazing TED Talk: Asking for help is a STRENGTH, not a weakness](#)

[CLICK HERE](#) to read why it's so important to ask for help when you need it.

“When I was a boy and I would see scary things in the news, my mother would say to me,

“Look for the helpers.”

You will always find people who are helping.”

-Fred Rodgers



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 CAPS. Offered to students in 9-12th grade by Ari:
osmana@health.fau.edu

School Counseling Weekly Lessons and Tips

Look for the helpers! There are always people willing to help.

Elementary (K-5)

Christine Abreu

Kindergarten-4th Grade: Log into SeeSaw to find your SEL activity.

- Complete “My Helper” activity!

5th Grade: Log into the 5th Grade SEL Google Classroom.

- Complete “Be A Helper” activity!



Middle (6-8)

Maegan Renee or *Christine Abreu*

Students can log into their School Counseling Google Classroom.

- Complete this week’s SEL lesson on [NearPod](#) titled “Be A Helper.”
- Email us if you need a wellness check-in or have any questions!
- Be on the lookout for information on our “Wellness Meetup” on your Google Classroom.

YOU ARE



High (9-12)

Maegan Renee

Watch: [Asking for help is a strength, not a weakness.](#)

Check Out: [While at Home - ways to help and be helped!](#)

- What are some ways you can help others during this time?
- Who is a person you can go to for help?
- Call, email, text, or send a card to someone you care about this week.