

We recognize that many students and families may experience stress and anxiety during this time of uncertainty. The following is a link to the Child Mind Institute that contains a variety of quality resources for helping you and your family during this difficult time: <https://childmind.org/coping-during-covid-19-resources-for-parents/>

Additionally, if you are experiencing a mental health emergency, the following are resources that you may access 24/7 for immediate assistance:

Somerset County Crisis Hotline: (866) 611-6467

Crisis Text Line: Text "PA" to 741741

Suicide Prevention Lifeline: 1-800-273-8255

For non-emergency assistance, you can email your guidance counselor or school social worker:

Guidance Counselor: Mrs. Teresa Cook, cook@turkeyfoot.k12.pa.us

School Social Worker: Mrs. Rachael Romesberg, rromesberg@iu08.org

Please know that we are here to support you in any way that we can. We encourage you to stay connected to others while maintaining social distancing guidelines, engage in physical activity on a regular basis, and get outside for fresh air when the weather permits. We also encourage you to maintain a routine that includes a balance between engaging in meaningful independent learning as well as finding activities to bring you joy during this trying time. We are thankful for each and every one of you and look forward to when we can meet with you face-to-face again. In the meantime, know that we are thinking of you and are happy to support you from a safe distance. Please don't hesitate to reach out.

Be well and be safe!

Rachael Romesberg, LSW

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