

Parent & Student Resources for Safety & Social-Emotional Support

Mobile Crisis:

"We provide high quality, culturally competent behavioral health assessments, interventions and stabilization services for adults, teens and children who have a psychiatric emergency. We can come to you, or you can come to us. Our crisis team includes Master's level clinicians who provide emergency psychiatric and support services."

Please contact Lahey Health Behavioral Services's Psychiatric Crisis Team (Mobile Crisis) at 978-744-1585 or 866-523-1216 for any psychiatric emergencies in need of immediate support. They are currently seeing patients in crisis at their office if no family members have been ill. Otherwise, please seek their support in the local emergency rooms, including Lahey Peabody (1 Essex Center Drive, Peabody), Beverly Hospital (85 Herrick Street, Beverly), and Addison-Gilbert (298 Washington Street, Gloucester).

Alternately, you can access the Psych Triage staff by going to the ER at NorthShore Medical Center (81 Highland Ave, Salem) - 978-354-4500.

Online pamphlet:

http://nebhealth.org/site/assets/pdfs/Salem-w-gloucester.pdf?fbclid=IwAR3kJal_BNw3pHSbh0LFoEbo61eR-yeXjCIGApYHllk5SNKts8X8wTbZRWM

Department of Children & Families:

*"The Department of Children and Families (DCF) works in partnership with families and communities to keep children safe from abuse and neglect. In most cases, DCF is able to provide supports and services to keep children safe **with** parents or family members." Families can seek voluntary services if they need support.*

Phone: 978-825-3800 Fax: 978-825-9091

Hours: M-F 8:45 AM - 5:00 PM

45 Congress St. Building #4

Salem, MA 01970

PBS Kids for Parents - Links for helping kids cope, keeping routines, etc.

<https://www.pbs.org/parents/thrive/how-to-help-kids-cope-with-their-worries>

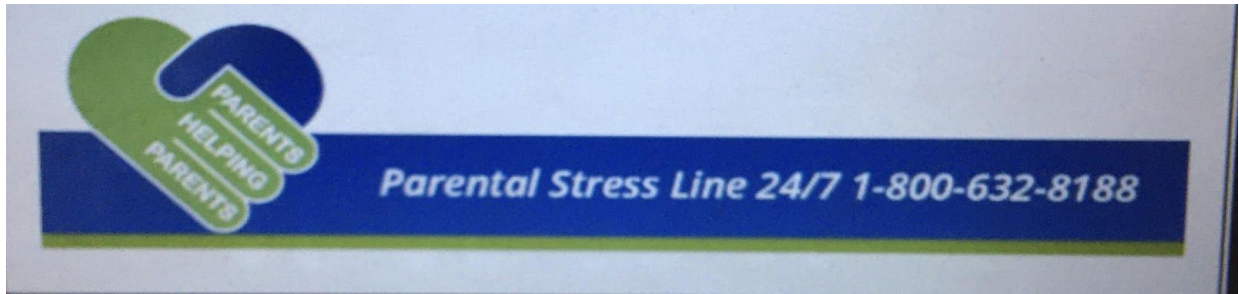
Child Mind Institute:

"The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders."

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Daily videos with parenting tips during this challenging time of COVID-19

Parental Stress Hotline:



All Languages Available

Parents or guardians with problems relating to their children do not hesitate to call us. Trained volunteer counselors offer a way to relieve stress in an environment which is non-judgmental along with being sympathetic. We offer support to anyone seeking it no matter how big or small. We offer a translation service so if you, or someone you know, needs a translator please don't hesitate to call us!

- Toll-free helpline for parents
- Support and compassion
- Someone to talk to and help you plan what to do next
- Information and resources in your area
- Available 24 hours a day, 7 days a week
- Parental Stress Line (PSL) is confidential and anonymous

School Adjustment Counseling Staff - Peabody Public Schools

School staff and families may also reach out to their School Adjustment Counselor if they have concerns or need support in maintaining students' safety at home.

Brown - Jackie Heavey, heaveyj@peabody.k12.ma.us

Burke - Linda McCarthy, mccarthyl@peabody.k12.ma.us

Carroll - Ellen Manning, manninge@peabody.k12.ma.us

Center - Tina Varinos, varinosc@peabody.k12.ma.us

McCarthy - Linda McCarthy, mccarthyl@peabody.k12.ma.us

South - Jodi Hernandez, hernandezj@peabody.k12.ma.us

Welch - A.J. Grube, grubea@peabody.k12.ma.us

West - Maria Champigny, champignym@peabody.k12.ma.us

Higgins - Janis Melanson, melansonj@peabody.k12.ma.us

Higgins - Christina Ierardi, ierardic@peabody.k12.ma.us

Higgins - Kara Grant, grantk@peabody.k12.ma.us

PVMHS - Mirella Seccareccio, seccarecciom@peabody.k12.ma.us

CHS - Maureen Dunne, dunnem@peabody.k12.ma.us

Admin. of Therapeutic Programming K-5 - Kirsten Baleno, balenok@peabody.k12.ma.us

Social Emotional Resources

Talking about Coronavirus with your Children

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://www.additudemag.com/explain-coronavirus-covid-19-anxiety-adhd-child/>

<https://www.additudemag.com/explain-coronavirus-covid-19-anxiety-adhd-child/>

Activities to Ease Anxiety

<https://www.schoolcounselingfiles.com/activities-for-anxious-kids.html>

ADHD Resources

<https://www.additudemag.com/>

Mindfulness Resources

<https://www.mindful.org>

<https://copingskillsforkids.com>

Mindfulness Apps for Children

<https://www.psychologytoday.com/us/blog/creative-development/201802/5-mindfulness-apps-children>

Movement Breaks

<https://www.gonoodle.com/>

Social Emotional Activities

<https://www.brainpop.com/> (Free resource; click Health & SEL)

Social Thinking Curriculum (social skills strategies)

<https://www.socialthinking.com/>

Zones of Regulation (emotional regulation)

<https://www.zonesofregulation.com/>

Consider using breathing techniques, muscle relaxation, and language to help keep ourselves calm.

 [Lazy 8 Breathing.pdf](#)

 [6 Sides of Breathing.pdf](#)

 [My Calming Sequence.pdf](#)

 [Inner Critic.pdf](#)

 [Inner Coach.pdf](#)

 [Size of the Problem.pdf](#)