



Ashburnham-Westminster Regional School District

Office of the Superintendent

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Dear Students and Families,

In the wake of the news surrounding the coronavirus and our school closure, our school counselors acknowledge the potential feelings of stress, fear, isolation and uncertainty as we practice social distancing. With that being said, it's okay to be stressed and overwhelmed during this uncertain time.

Now more than ever, we emphasize the importance of taking care of yourselves as we navigate many changes and challenges at the individual, family and community levels. We understand that these evolving circumstances may feel overwhelming, but being mindful of yourself and others while working to maintain some structure within your daily routine may help to alleviate these feelings.

In the event of a mental health emergency, please call 911, go to your local emergency room or to an Emergency Mental Health Center or to Community Health Link's Emergency Service program/Youth Mobile Crisis Intervention; 100 Erdman Way, Leominster, MA. The emergency service unit is available 7 days a week, 24 hours a day and can be reached at: **1-800-977-5555**

Emails have been sent out to families regarding specifics on how your students' school is providing suggested resources/activities. In addition, you may reach out to your counselor via email with non-urgent questions or concerns; as district counselors will be checking their emails during regular school day hours and will do our best to respond within a reasonable timeframe.

Below are some other helpful resources.

Child Mind Institute: [Talking to kids about the coronavirus](#)

SAMHSA: [Coping with stress during an infectious disease outbreaks](#)

National Association of School Psychologists: [Talking to children about COVID19](#)

Stay safe and well,

Ashburnham/Westminster Counselors