

## Social, Emotional and Mental Health Resources

- School administrative teams must be familiar with and provide as needed information regarding supportive agencies and local mental health resources.

## Support Agencies

- [Horry County DSS](#)
- [Waccamaw Mental Health](#)
- [S.C. Telehealth Network](#)
- [SC Department of Health and Environmental Control \(SCDHEC\)](#)
- [Center for Disease Control and Prevention \(CDC\)](#)

## Mental Health Support

- [National Suicide Prevention Lifeline](#) • 1-800-273-8255
- [Crisis Textline](#) • Text "HOME" to 741741 from anywhere in the US, at any time, to connect with a crisis counselor
- Waccamaw Center for Mental Health: 843 347-4888

For after-hours mental health assistance or for mental health emergencies, call 9-1-1, or contact your nearest hospital emergency department. Contact information is listed below:

- Conway Medical Center Emergency Department • (843) 347-7111
- McLeod Health Carolina Forest Emergency Department • (843) 646-8200
- McLeod Health Loris Emergency Department • (843) 716-7000
- McLeod Health Seacoast (Little River) Emergency Department • (843) 390-8100
- Tideland Waccamaw Community Hospital Emergency Department • (843) 652-1000

## Resources for Adult Self-Care

- [Flexibility in the Midst of Crisis \(via Psychology Today/Dr. Gil Noam\)](#)
- [Managing Anxiety Around COVID-19: Tips for You and Your School Community \(via Yale Center for Emotional Intelligence/RULER\)](#)
- [Regulating Emotions in a COVID-19 World \(via Tom Hollenstein\)](#)
- [Virus Anxiety Resources](#)

- [Mindfulness Resource Pack for District Leaders \(via Panorama\)](#)
- [Adult SEL Toolkit \(via Panorama\)](#)

### Resources for Parents and Families

- [Supporting Mental Health at Home: Activities, Worksheets, and Resources for Families \(via Move This World\)](#)
- [17 Apps to Help Kids Stay Focused \(via CommonSense Media\)](#)
- [Best Documentaries \(via CommonSense Media\)](#)
- [Best Family Movies \(via CommonSense Media\)](#)
- [Best Music Apps and Games for Kids \(via CommonSense Media\)](#)
- [BrainPop on Coronavirus](#)
- [Dance Games \(via CommonSense Media\)](#)
- [Device-Free Dinner Guidelines \(via CommonSense Media\)](#)
- [Free Educational Apps, Games, and Websites \(via CommonSense Media\)](#)
- [Free SEL Activities and Practices \(via Greater Good in Education\)](#)
- [How to Talk to Kids About Coronavirus \(via Open Circle\)](#)
- [How To Talk To Your Kids About Coronavirus \(via PBS\)](#)
- [Designing Learning From Home Experiences with UDL \(via Novak Education\)](#)
- [Meditation Apps for Kids](#)
- [My Kid's School is Closed, So Now What? \(via Confident Parents, Confident Kids\)](#)
- [Sibling Watch-Together TV \(via CommonSense Media\)](#)
- [Talking to Children About COVID-19 \(via NASP\)](#)
- [Teaching Kids Media Smarts During Breaking News \(via CommonSense Media\)](#)
- [Virus Anxiety Resources](#)
- [5 Ways to Help Teens Manage Anxiety About the Coronavirus \(via New York Times\)](#)

### Resources for Diversity, Equity and Inclusion

- [Speaking Up Against Racism Around the New Coronavirus \(via Teaching Tolerance\)](#)
- [Coronavirus: Countering Biased Responses \(via Morningside Center\)](#)
- [The Coronavirus Surfaces Fear, Stereotypes and Scapegoating \(via Anti-Defamation League\)](#)
- [3 Key Equity Considerations for Distance Learning From Education Leaders \(via Panorama\)](#)