

A few reminders from



Greenville



STUDENTS:

- Although we're physically distancing, try to stay socially connected with friends and family.
- It's OK to not feel OK. These are unusual times that can feel scary and uncertain.
- When you're feeling sad, try talking to a friend or family member you trust.
- Stay active. It's OK to go outside, just stay 6 feet away from those around you.



PARENTS:

- Limit your family's exposure to news.
- Maintain regular routines as much as possible.
- Practice patience, tolerance, and reassurance.
- Avoid language that might blame others or lead to stigma.
- Be honest and compassionate.
- Model proper hygiene practices.

*Always remember that there are resources available to help.
See back for more details.*

A few reminders from



Greenville



STUDENTS:

- Although we're physically distancing, try to stay socially connected with friends and family.
- It's OK to not feel OK. These are unusual times that can feel scary and uncertain.
- When you're feeling sad, try talking to a friend or family member you trust.
- Stay active. It's OK to go outside, just stay 6 feet away from those around you.



PARENTS:

- Limit your family's exposure to news.
- Maintain regular routines as much as possible.
- Practice patience, tolerance, and reassurance.
- Avoid language that might blame others or lead to stigma.
- Be honest and compassionate.
- Model proper hygiene practices.

*Always remember that there are resources available to help.
See back for more details.*

A few reminders from

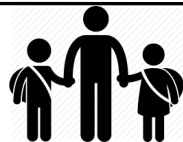


Greenville



STUDENTS:

- Although we're physically distancing, try to stay socially connected with friends and family.
- It's OK to not feel OK. These are unusual times that can feel scary and uncertain.
- When you're feeling sad, try talking to a friend or family member you trust.
- Stay active. It's OK to go outside, just stay 6 feet away from those around you.



PARENTS:

- Limit your family's exposure to news.
- Maintain regular routines as much as possible.
- Practice patience, tolerance, and reassurance.
- Avoid language that might blame others or lead to stigma.
- Be honest and compassionate.
- Model proper hygiene practices.

*Always remember that there are resources available to help.
See back for more details.*

A few reminders from



Greenville



STUDENTS:

- Although we're physically distancing, try to stay socially connected with friends and family.
- It's OK to not feel OK. These are unusual times that can feel scary and uncertain.
- When you're feeling sad, try talking to a friend or family member you trust.
- Stay active. It's OK to go outside, just stay 6 feet away from those around you.



PARENTS:

- Limit your family's exposure to news.
- Maintain regular routines as much as possible.
- Practice patience, tolerance, and reassurance.
- Avoid language that might blame others or lead to stigma.
- Be honest and compassionate.
- Model proper hygiene practices.

*Always remember that there are resources available to help.
See back for more details.*

Free Resources

📞 Helplines-

- NAMI Helpline is available M-F, 10 AM-6 PM at 1-800-950-6264
- CrisisLine can be reached 24/7 at 864-271-8888
- Teens: text “TEENline” to 839863 or call 864-467-8336
- United Way 2-1-1 Service Line - available 24/7 to provide information on food, shelter, access to healthcare, and transportation. Dial 2-1-1 to connect.

📶 More resources-

- The Hispanic Alliance has resources for Spanish speakers (La Alianza Hispana tiene recursos para hispanohablantes). Visit www.hispanicalliancesc.com.
- Mill Village Farms is now offering \$35 worth of healthy food for \$5 through their FoodShare program. Visit www.foodsharegreenville.org to learn more.
- SPECTRUM WI-FI PROGRAM Charter is offering free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 students *who do not already have a Spectrum subscription*. To enroll, call 1-844-488-8395.
- Greenvilleparents.com provides free virtual parenting support classes & resources for parents of children of all ages.

-  NAMI has created an extensive list of resources available at www.namigreenvillesc.org/covid

Free Resources

📞 Helplines-

- NAMI Helpline is available M-F, 10 AM-6 PM at 1-800-950-6264
- CrisisLine can be reached 24/7 at 864-271-8888
- Teens: text “TEENline” to 839863 or call 864-467-8336
- United Way 2-1-1 Service Line - available 24/7 to provide information on food, shelter, access to healthcare, and transportation. Dial 2-1-1 to connect.

📶 More resources-

- The Hispanic Alliance has resources for Spanish speakers (La Alianza Hispana tiene recursos para hispanohablantes). Visit www.hispanicalliancesc.com.
- Mill Village Farms is now offering \$35 worth of healthy food for \$5 through their FoodShare program. Visit www.foodsharegreenville.org learn more.
- SPECTRUM WI-FI PROGRAM Charter is offering free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 students *who do not already have a Spectrum subscription*. To enroll, call 1-844-488-8395.
- Greenvilleparents.com provides free virtual parenting support classes & resources for parents of children of all ages.

-  NAMI has created an extensive list of resources available at www.namigreenvillesc.org/covid

Free Resources

📞 Helplines-

- NAMI Helpline is available M-F, 10 AM-6 PM at 1-800-950-6264
- CrisisLine can be reached 24/7 at 864-271-8888
- Teens: text “TEENline” to 839863 or call 864-467-8336
- United Way 2-1-1 Service Line - available 24/7 to provide information on food, shelter, access to healthcare, and transportation. Dial 2-1-1 to connect.

📶 More resources-

- The Hispanic Alliance has resources for Spanish speakers (La Alianza Hispana tiene recursos para hispanohablantes). Visit www.hispanicalliancesc.com.
- Mill Village Farms is now offering \$35 worth of healthy food for \$5 through their FoodShare program. Visit www.foodsharegreenville.org to learn more.
- SPECTRUM WI-FI PROGRAM Charter is offering free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 students *who do not already have a Spectrum subscription*. To enroll, call 1-844-488-8395.
- Greenvilleparents.com provides free virtual parenting support classes & resources for parents of children of all ages.

-  NAMI has created an extensive list of resources available at www.namigreenvillesc.org/covid

Free Resources

📞 Helplines-

- NAMI Helpline is available M-F, 10 AM-6 PM at 1-800-950-6264
- CrisisLine can be reached 24/7 at 864-271-8888
- Teens: text “TEENline” to 839863 or call 864-467-8336
- United Way 2-1-1 Service Line - available 24/7 to provide information on food, shelter, access to healthcare, and transportation. Dial 2-1-1 to connect.

📶 More resources-

- The Hispanic Alliance has resources for Spanish speakers (La Alianza Hispana tiene recursos para hispanohablantes). Visit www.hispanicalliancesc.com.
- Mill Village Farms is now offering \$35 worth of healthy food for \$5 through their FoodShare program. Visit www.foodsharegreenville.org to learn more.
- SPECTRUM WI-FI PROGRAM Charter is offering free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 students *who do not already have a Spectrum subscription*. To enroll, call 1-844-488-8395.
- Greenvilleparents.com provides free virtual parenting support classes & resources for parents of children of all ages.

-  NAMI has created an extensive list of resources available at www.namigreenvillesc.org/covid