

MH & Wellness Resource

(This page will continue to be updated with newest content at the bottom)

Message to Parents:

Community Resources:

In the event you need to talk to someone please leave your school's counselor or social worker a voice message or email and they will contact you ASAP. Or, call the **Cortland County crisis line at (607) 756-3771. They are available 24/7 if you or a loved one is in an active crisis**

[In the event of a mental health emergency please contact 911 or go to the nearest ER immediately.](#)

Family Counseling Services-

FCS will be delivering behavioral health services through telephone or telehealth capabilities. This includes services that have been provided at school through the school based counseling program. More information can be found [here](#).

Counseling Resources:

Parents: We have compiled a variety of materials that you can use with your children to continue social emotional learning, during this time away from the school setting. Please click the link to view and access grades K-6 material for the following social emotional topics.

Grades K-2 (Barry Primary):

Grades 3-4 (Smith Intermediate)

[SEL at-home activities:](#) These activities align with our district SEL standards

[Anger management](#)

[Social skills](#)

[Anxiety](#)

[Autism/ASL activities](#)

Grades 5-6 (Randall Middle School)

Promoting Social and Emotional Learning at Home
This Week's Focus – Personal Responsibility

[Personal Responsibility](#)

Promoting Social and Emotional Learning at Home
This Week's Focus – Goal-Directed Behavior

[Goal-Directed Behavior Skills](#)

Promoting Social and Emotional Learning at Home
This Week's Focus – Relationship Skills

[Relationship Skills](#)

Promoting Social and Emotional Learning at Home
This Week's Focus – Social-Awareness

[Social Awareness](#)

Promoting Social and Emotional Learning at Home
This Week's Focus – Self-Management

[Self Management](#)

Promoting Social and Emotional Learning at Home
This Week's Focus – Self-Awareness

[Self Awareness](#)



TRAUMA RESPONSIVE EDUCATIONAL PRACTICES PROJECT

[Home](#) [COVID-19 Resources](#) [About Us](#) [Professional Learning Community](#) [Resources](#)

[TREP Project - A Moment For Nature's Mindfulness](#)

Supporting our children
manage stress and calm fears with
changes resulting from COVID-19



[OASAS - Supporting our children](#)



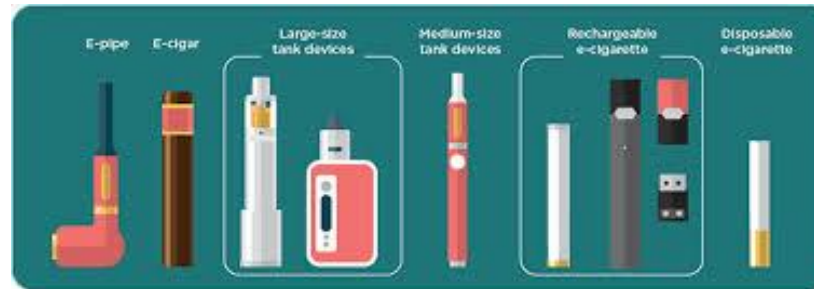
[OASAS - Prevention](#)



[Family Vacation Critic - 26 Things to Do at Home with Kids](#)

SEL Resources to Use at Home

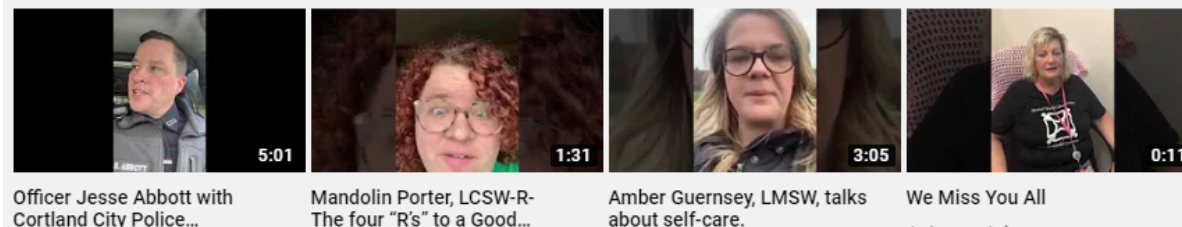
[Aperture Ed - Free Home Resources](#)



Vaping E-cigarettes Fact Information



Virtual Support Group - Tobacco Cessation



Video Messages and Support from Cortland County Mental Health Providers

Promoting Social and Emotional Learning at Home This Week's Focus – Optimistic Thinking

Promoting SEL at Home - OT



Supporting Others

OWNING YOUR FEELINGS



[Owning Your Feelings](#)

CREATING HEALTHY ROUTINES



[Creating Healthy Routines](#)