

Counselors

Springdale Public School counselors partner with all stakeholders in order to best serve the needs of students and families. Springdale counselors help all students in the areas of academic achievement, career and social emotional development, ensuring today's students become the productive, outstanding contributing citizens of tomorrow. Please see the below resources:

Student Resources

- **School Counselors and Social Workers**
 - [School counselor email list](#)
 - [School social workers email list](#)
 - Ozark Guidance email list
- **Mental Health**
 - [Maintaining Positive Mental Health During COVID 19](#)
- **Mental Health Resources**
 - [National Suicide Prevention Lifeline - 1-800-273-8255](#)
 - [Arkansas Crisis Center - 1-888-274-7472](#)
 - [Crisis Text Line - Text HOME to 741741](#)

Family Resources

- **Mental Health**
 - [Managing Anxiety During the Reopening of Schools](#)
 - [Parents Guide to Maintaining Your Mental Health During COVID 19](#)
- **Mental Health Resources**
 - [National Suicide Prevention Lifeline - 1-800-273-8255](#)
 - [Asking Saves - Suicide Prevention, Warning Signs, and Tips](#)
 - [Arkansas Crisis Center - 1-888-274-7472](#)
 - [Crisis Text Line - Text HOME to 741741](#) - Free 24-7 support.
 - [Ozark Guidance Counseling - \(479\) 750-2020](#)
 - [Youth Bridge - \(479\) 575-9471](#)
 - [Vantage Point of NWA - \(479\) 521-5731](#)

- [Springwoods - \(479\) 973-6000](#) - Offers free mental health assessments.
- [HARK EAP+](#) - Helping NWA families find the services they need.

- **Social and Emotional Development Resources**

- [Parent Toolkit 1](#)
- [Parent Toolkit 2](#)
- [A Parent's Guide to Social and Emotional Learning](#)
- [Parent SEL Resources - CASEL](#)
- [Social-Emotional Learning Resources for Parents](#)

Teacher Resources

- **OGC videos to help support a students transition back to school (LINK)**

- **Teacher Self-Care**

- What is Self-Care? Self-care is a vital component of a teacher's mental health. [Teacher self-care](#) is about taking care of your health so that you're prepared to be the best teacher you can be for yourself and your students.

- **Teacher Self-Care and Emotional Resilience**

- The Compassion Resilience Toolkit is a toolkit for schools that offers information, activities, and resources for school leadership and staff to understand, recognize, and minimize the experience of compassion fatigue and to increase compassion resilience perspectives and skills.
- [Compassion Resilience Toolkit](#)

- **Video/Webinar**

- [8 Ways Educators Can Build Emotional Resilience and Prevent Burnout](#)
- [Webinar: EI over IQ Emotional Intelligence and The Resilient Teacher](#)
- [Why Teachers' Emotional Resilience is Crucial in Schools](#)

- **Articles/Books**

- [Why Teacher Self-Care Matters](#)
- [Five Strategies for Teacher Self-Care](#)

- [Onward: Cultivating Emotional Resilience](#)
- Onward: Cultivating Emotional Resilience in Educators by Elena Aguilar (Book and Workbook)
- [CASEL: Self-Care and Re-Energizing](#)
- [Social Emotional Learning Resources for Teachers](#)

- **Books (Great for teacher book clubs)**

- The Path to Serendipity - Allyson Apsey
- Through the Lens of Serendipity - Allyson Apsey
- Balance Like a Pirate - Jessica Cabeen, Jessica Johnson, Sarah Johnson
- Run Like a Pirate - Adam Welcome
- A Passion for Kindness - Tamara Letter
- Be Real - Tara Martin
- Be the One for Kids - Ryan Sheehy
- Sanctuaries - Dan TricaricoThe Zen Teacher - Dan Tricarico

- **Podcasts**

- The Zen Teacher Experience
- In AWE Podcast with Sarah Johnson

- **Apps**

- [Calm App](#): Leading the way with meditation in schools to help teachers and students deal with concerns, while improving the overall climate of the classroom
- [Headspace App](#): A guided meditation and mindfulness app designed to be used daily by adults and children
- [Be Strong App](#): The Be Strong app unites power with choice that saves & changes lives. You'll find resources, support, and intervention for those who are affected by bullying, depression, or suicide, and best practices on combatting many adversities. We know this generation is facing issues and disadvantages that result in bullying and we want to help. If you have friends who are struggling with hunger, housing, escaping violence and much more, sit down with them and put your zip code in the local support section of the app – Help is at your fingertips!

- **Trauma-Informed Practices**

- [Trauma-Informed SEL Workshop Facilitator Guide \(Transforming Education\)](#)

- Trauma-informed Social-Emotional Learning (SEL) Handout (Transforming Education)
- Trauma-Informed Social-Emotional Learning in the Classroom (Transforming Education)
- Trauma-Informed vs Traditional View of Students and Classroom
- **Remote Learning**
 - Life Skills Lessons for Remote Learning (Overcoming Obstacles)
- **Social-Emotional Learning Lessons**
 - SEL Unit Design Template K-2
 - SEL Unit Design Template 3-5
 - SEL Unit Design Template Middle/Junior High
 - SEL Unit Design Template High Schools