



Socio-Emotional Resources

MRMS Counseling Corner

MaKenzy Frederick , School Psychologist

Sarah DeGeeter, Social Worker

Stacy Hancock (7th and 8th Purple Pods)

Pax Mitchell (7th & 8th Teal pods)

Carla Christiansen (7th & 8th Orange)

CRISIS-SPECIFIC INFORMATION

- [Colorado Crisis](#) - Crisis Center locations
- [Second Wind Fund](#) - Counseling for teens in crisis
- [Judi's House](#) - for grieving families

Community Resources

- [DCSD Social Emotional Wellness Resources](#)
- [I Matter](#) provides temporary mental health services for youth (free counseling!)
- [Family Resource Guide](#), [Multilingual Resource Guide](#)
- [Department of Human Services Resources](#)
- NAMI is offering free mental health support groups - see more information and register [here](#)
- [STEM Center for Strength](#) has SO MANY events, they put together [this calendar](#), check it out!
- Emergency Broadband Benefit Program - [click this link to find out more](#)
- [Housing Crisis resources](#) Local resources to help families who risk eviction or foreclosure
- [Anti-Vaping Resources](#)
- [All Health Network](#) has tips for adults, children and caregivers, plus a great coping tips document. All Health's [Family Care Connection Project](#)
- [Psychological First Aid](#) training- How to support someone after an intense event
- [The Way Center](#)
- [Juvenile Assessment Center Evaluation System At Schools](#) [JAC18.ORG](#) (no court system involvement necessary)
- [Understanding Burnout in Gifted Children \(and how to help\)](#) - [Additional tips on reducing gifted burnout](#)
- [Wrap Around](#)
- [Therapist List](#)
- [MVHS feeder Counseling Referral List](#)

Enrichment

- [Dr. Scott Cypers Anxiety Presentations](#)
- Article: [Talking to Kids About Racism and Violence](#)
- Free [Parent Support Group](#) and a [Program](#) centered around drug and alcohol use struggles
- WhyTry have provided for free the [Parent Guide to Resilience](#).
- [Succeeding in high school with ADHD](#): Tips for students and parents
- Book: [13 Things Mentally Strong Parents Don't Do](#)
- [Child Mind Institute: Setting Limits on Screen Time](#)