

CH-UH City Schools Social and Emotional Support for Students During COVID-19

What is Social and Emotional Support?

Social and emotional support is what children need in order to thrive in society and to become productive citizens in our communities. Many students have the necessary skills to succeed socially and emotionally. However, when a crisis hits, it can be difficult for youth to communicate their concerns to adults. So it is imperative for families and caregivers to pay close attention to children during this crucial time due to the recent COVID-19 pandemic. Cleveland Heights-University Heights (CH-UH) City School District is committed to supporting students academically, socially, and emotionally.

Ways to Support Children Socially and Emotionally During Stressful Times

- Acknowledge children's emotions due to the recent changes (ex. Fear, sadness, loneliness)
- Be a trusted adult that children can open up to and share their thoughts throughout stressful times
- Seek out resources to support children socially and emotionally in your community
- Provide as much consistency as possible due to the recent changes
- Reassure children that they are physically safe

Resources to Support Children Socially and Emotionally

[Counseling, Psychological, and Social Services](#) - Positive social and emotional well-being are critical to children succeeding academically. Cleveland Heights-University Heights City Schools' school counselors, social workers, and psychologists are dedicated to providing support to students to help meet these needs. Click the above link to access a list of mental health providers in the district who can assist with transitions.

[Explaining COVID-19 to Children](#)-During this crucial time it is important for children to have the facts at a developmentally appropriate level. In the link above you will find helpful tips on explaining COVID-19 to children.

[Social and Emotional Standards in Ohio](#) - In partnership with various professionals in Ohio, the Ohio Department of Education (ODE) recently released the ODE Social and Emotional Standards. In the link above there are various resources available to caregivers, schools, and students that provide guidance on supporting students socially and emotionally.

[CH-UH Community Resources](#)-CH-UH City School District is committed to ensuring that resources are available to students and families. On the CH-UH community resource page, local organizations can be found that provide services to students and families. Please visit the link above for additional information on ways to contact the organizations.

[Cuyahoga County Suicide Prevention Hotline](#) - In any situation where children are feeling that they are going to harm themselves always take it seriously. If your child is in crisis and needs immediate support or intervention, your child can call or go to the website of the [National Suicide Prevention Lifeline](#) (1-800-273-8255). Trained crisis workers are available to talk 24 hours a day, 7 days a week. Their confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals. If the situation is potentially life-threatening, call 911 or go to a hospital emergency room.