

CLASS OF 2020

COVID-19 EMOTIONAL WELLNESS RESOURCE PAGE



Emotional wellness is important. It involves being aware of the feelings you are having, accepting those feelings and coping with them in a way that is healthy for you. While this is not how we wanted senior year to end, the next chapter on your journey awaits. Here is some guidance to support you.

Q: Our Senior Year ended abruptly! I feel sad about this. What can I do?

A: Talk with a friend or a caring adult about how you are feeling. Being able to process your feelings will help on the road to acceptance. Did you know that the state of Texas has a COVID-19 support line for all ages? Call: 1-833-986-1919

Q: My friend is struggling with alcohol and substance abuse to help cope with his feelings. What can I do to help?

A: The United States Health and Human Services Division has shared resources with us. Call: 1-800-985-5990 or Text "TalkWithUs" to 66746. For SAMHSA's Coping Resource Guides - click here: [Virtual Recovery Resource](#)

Q: School ended early because of this crisis and now my family is struggling financially. Help!

A: The State of Texas provides a resource locator guide 24/7: service for social supports, including food, housing, finance, legal, and behavioral health services. Call: 2-1-1 for help

Q: Some days, I don't feel like doing much. How can my family and I maintain a routine at home and stay emotionally healthy?

A: The US Department of Health and Human Services has identified the eight dimensions of wellness that connect overall health and well-being. [Click to learn more about the Wellness Initiative](#)

Q: Who can I talk to about making sure that I have met all the requirements and that I receive any support needed in pursuit of my high school diploma?

A: Your High School Counselor can be contacted by phone or email. By connecting with your high school counselor, you will open up a door to resources that will help support your post-secondary goals

Q: How can I stay connected with SAISD after I earn my diploma?

A: [Welcome to the SAISD Alumni network!](#) Reach out to us and we may also reach out to you. Our College Alumni Advisors will offer support as you enroll to and through college. The SAISD Foundation also provides events throughout the year to support the legacy of SAISD Schools.