

Parents:

Please find below some great resources for talking with your children about the Coronavirus. Please know that SDHS school counselors are available to you and your students during these uncertain times. Please let us know via email if we can support you or your student in any way.

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html#content>

[https://www.common sense media.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty?utm\\_source=facebook&utm\\_medium=social](https://www.common sense media.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty?utm_source=facebook&utm_medium=social)

Referrals: Please contact outside mental health services for additional support (See below). Centerstone, Family Justice Center, Helen Ross McNabb, and Mental Health Coop.

Centerstone  
6110 Shallowford Rd. Suite B  
Chattanooga, TN 37421  
423-499-1031  
[www.centerstone.org](http://www.centerstone.org)

Family Justice Center  
5705 Uptain Rd. Suite C  
Chattanooga, TN 37411  
423-266-6918  
<https://connect.chattanooga.gov/fjc/>

Helen Ross McNabb Center  
6049 Shallowford Rd.  
Chattanooga, TN 37421  
423-266-6751  
Natalie.hood@mcnabb.org

Mental Health Cooperative  
801 N. Holtzclaw Ave. Suite 101  
Chattanooga, TN 37404  
423-697-5950  
[www.mhc-tn.org](http://www.mhc-tn.org)