

# SOCIAL WORK SPEAKS

*A Newsletter From Your Secondary School Social Workers*



Empowering Students to Grow

**Academically,  
Socially and  
Behaviorally**

## SELF CARE

Self Care is defined as "The practice of taking an active role in protecting one's well-being and happiness, in particular during times of stress." by Dictionary.com

The Medical University of South Carolina (MUSC) released this article about 12 Tips to relieve COVID 19 stress! Here are some of our favorites:

1. Know you are not alone.
2. It is OK to ask for help.
3. Focus on the good, and provide acts of kindness. (Keep reading for some things happening in our own community!)
4. Stay informed using RELIABLE sources. MUSC recommends using the Center for Disease Control (CDC), and the World Health Organization (WHO).
5. Find ways to stay socially connected.
6. Try to set a daily routine.

Here is a link to the article for the rest of the tips and more information about each:

[MCSU Top 12 tips to relieve COVID-19 Stress](#)

### CONTACT US!

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## Resource of the Week

**Food Pantry inside of Southport High School**  
 (971 E Banta Rd)  
 Come to Door 19 (facing Banta Rd), fill out a menu form, and receive your groceries.  
**Monday and Thursday, 11am-1pm.**

**Spectrum is offering free Wi-Fi to any household with K-12 and/or college students that doesn't already have Spectrum.**  
 Installation fees will be waived for these households, call **1-844-488-8395** to enroll.

## Article of the Week

This article from the Center for Disease Control emphasizes the increased stress levels that everyone is feeling from COVID 19, what to look for in your children, and how to have conversations about COVID 19 with your child.  
[CDC Mental Health and Coping](#)

## Staying Connected

The National Alliance for Mental Illness is offering virtual support groups every Tuesday and second Friday of the month at 7pm. These meetings are confidential, and registration is required each week.

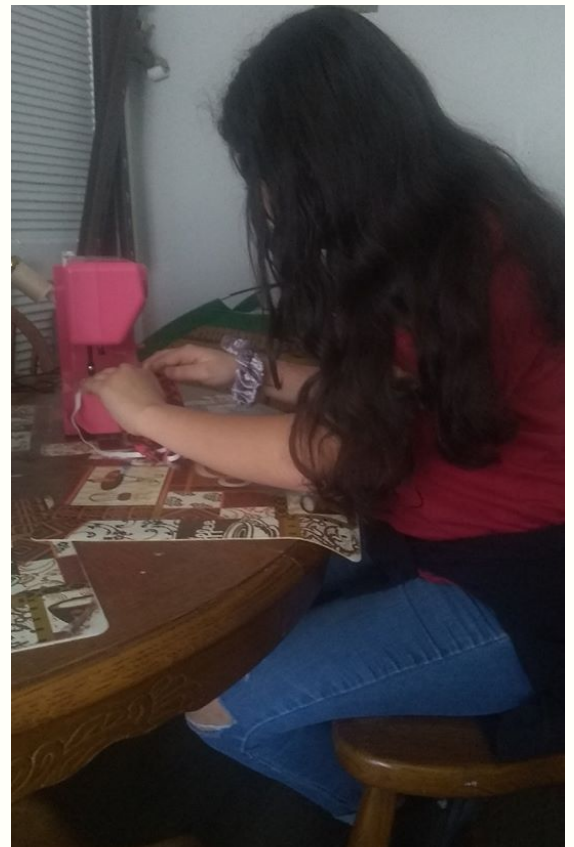
Here is the link to register!

<https://sites.google.com/site/namiindianapolis/home>

## Helping Others

Some PMMS students have been working hard to help the community by making masks for first responders and those that are working on the front lines.

Currently, with the help of three sewing machines, three students, their families and Ms. Smith of PMMS they have created over 230 masks to donate to Central Indiana PPE!



If you want to help out too, here is the link for more information about creating and donating masks:

<https://sites.google.com/view/centralindianappe/home>

## CRISIS HELP:

### MENTAL HEALTH SUPPORT LINES:

Suicide hotline: 1-800-784-2344

Crisis Call Center: 1-800-273-8255,

Text ANSWER to 839863

Crisis text line: text HELLO to 741-741

### CHILD PROTECTIVE SERVICES REPORT LINE (CPS)

1-800-800-5556

### FREE MENTAL HEALTH ASSESSMENT:

<https://vallevistahospital.com/>

1-800-447-1348

### COMMUNITY SUPPORTS:

Valle Vista Behavioral Health: 1-800-447-1348

Adult and Child Mental Health: 877-882-5122

Community North Hospital: 317-621-6262