

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 Suicide Prevention Lifeline regularly updates their list for emotional wellbeing skills and practicing self care!

Here are some of our favorites!

- Setting a limit on how much you are watching or reading the news. Make sure the information you are getting is accurate.
- Stay active! Go on walks (while maintaining social distancing), find exercise videos on youtube that you would do- whether its yoga, Zumba or at home weights, there is a lot out there!
- Stay hydrated and eat healthy meals when possible
- Connect with love ones "face to face" using free services such as zoom or Skype. Talk about how you are really feeling.

To check out all of the skills and resources and to keep up to date with what the Suicide Prevention Lifeline is suggesting, here is the link for the article: <https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>

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Staying Connected

Success.com came up with 9 ways to stay socially connected, while physically distancing:

- Talk to one friend each day
- Send someone you love a handwritten letter (we all love getting mail!)
- Reconnect with those who you are at home with
- Reach out to friends who you know may be struggling during this time
- Have a family member or a friend read your child a bedtime story over FaceTime/Zoom/Skype
- Have a virtual watch party with friends (Wednesday night Survivor anyone?!)
 - Participate in an online community!
 - Stream a class (Harvard has some great free options)
 - Find peace in being alone

Find the whole article here: <https://www.success.com/9-ways-to-stay-connected->

Resource of the Week

Indiana Youth Group (IYG) is offering virtual services such as tutoring, basic need services, case management, and virtual groups. **Virtual tutoring is available Wednesday and Thursday from 5pm to 6pm. If you need help outside of that time, you can send an email and they will connect with you for a one-on-one session.**

Find all of the information here:

<https://www.indianayouthgroup.org/virtual-iyg>

Helping Others

A big **THANK YOU!** to Southside Indianapolis Young Life, Resurrection Lutheran Church, Vertical Church Greenwood and Perry Township Teachers and Staff for your generous donations to the Perry Township food pantry located inside of Southport High School!

If you want to make a donation to the food pantry, they can be dropped off Monday and Thursday 10:30 am to 1pm at door 19. If that time does not work, come to Door 1 Monday and Friday from 9-11 am, ring the doorbell, and someone will be able to assist you.

Monetary donations will also be accepted, if a check, please make it out to Southport High School, and "Food Pantry" on the memo line. It can be dropped off or mailed.

A reminder that the pantry is open Monday and Thursday from 11am to 1pm. Come to Door 19 (facing Banta Rd), fill out a grocery list, and receive what you need.

Article of the Week

This article from Healthy Children focuses specifically on how to help your teen during the changes due to COVID-19. It discusses creating a schedule, allowing your teen to have alone time, and emphasizing the importance of staying at home and keeping others safe. Check it out here:

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Teens-and-COVID-19.aspx>

IF YOU DON'T
KNOW WHAT
TO DO WITH
YOURSELF,
DO
SOMETHING
FOR
SOMEONE
ELSE.

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