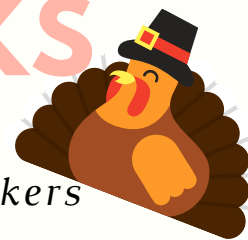


SOCIAL WORK SPEAKS FALL EDITION



A Newsletter From Your Secondary School Social Workers



Empowering Students to Grow

**Academically,
Socially and
Behaviorally**

Thanksgiving Resources



“Be present in all things,
and thankful for all things.”

- Maya Angelou

**Please contact your student's
School Social Worker as soon as
possible if your family needs
assistance with a Thanksgiving
Meal.**

Perry Township Secondary School Social Workers

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STAYING CONNECTED



Prioritizing mental health in our daily lives allows us to be more resilient when challenging moments arrive. Together, we have the power to Change the Frequency of our mental wellbeing—to build connections, shape positive habits, and form healthy coping techniques. **READY to Get STARTED?**
Text MENTALHEALTH to 474747

Article of the Week

With the pandemic, right now is a very stressful time in our country and world. Stress and feelings of anxiety are at an all time high!

There are several resources in the article from the CDC that can help you find current, reliable research on COVID-19, taking care of your mental health during the pandemic, support during possible quarantine, and how to have conversations with your children and loved ones.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Resources of the Week

If you or someone you know is struggling with mental health during the pandemic, Indiana 211 has launched the Be Well Crisis Helpline, which provides free counseling 24/7. **Simply call 211 24/7 to be connected with a trained counselor.** Look for the flyer with some more information at the end of this newsletter!

Need a Ride? Lyft code for \$1 rides to/from Marion County grocery stores is still active. Use Lyft code FEEDINDY to get \$1 rides to and from your nearest eligible store. (Valid for up to 8 rides. Rider will pay the first \$1, and the City will cover up to \$9 – anything over \$10 will be charged to the rider. Rides must begin or end at a grocery store in Marion County that accepts SNAP.)

Helping Others

Perry Township Kiwanis and Changing Footprints are hosting an event where families can receive shoes, coats, socks, hats, gloves, t-shirts, bras and groceries

NOVEMBER 14 8AM-4PM

Southport High School East Gym

971 East Banta Road, Indianapolis, IN 46227

Enter Door #5

Register by November 9



Please Register:

<https://www.eventbrite.com/e/connecting-with-the-community-tickets-124426175039>

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