

Hello SMMUSD families,

This reference sheet to the many mental health resources and websites available to you is provided by the SMMPTA Council with the help of Shuli Lotan, our mental health counseling coordinator.

First, if you are concerned about your child's mental well-being, the SMMUSD webpage has a link to [Family Resources here](#). Group and individual counseling services for SMMUSD students are available on a limited basis at school sites to help support students in need. For assistance getting connected to services on or off campus, please contact the following person depending on your child's age level, who can talk with you about what supports may be available to you.

Elementary school - Principal or Assistant principal
Middle or High School - Counselor / Academic Advisor

If you need further assistance obtaining or navigating insurance to connect your child to mental health counseling off campus and would like to speak directly with the district's Mental Health Counseling Coordinator, please contact Shuli Lotan at slotan@smmusd.org or (310) 395-3204 ext. 71519.

Next, you will find links to several sources for information regarding the mental wellness of your children.

Signs to Look Out For:

<https://files.constantcontact.com/0ce88cda001/a6bde8fe-f8cf-4974-ab8a-cc688fa67b28.pdf>

Look out for: Play, art, or talk that includes obsessing over sickness, infection, or social distancing themes. **How to handle:** Children use play and art to express feelings that may be too complicated to talk about. If your child is drawing or playing with themes of sickness, do not panic. They may just be expressing themselves in a healthy way.

Look out for: Moodiness, tantrums, irritability, withdrawal. **How to handle:** Be patient with your kids as they accommodate to a new schedule and going back and forth from home and school. Keep a routine around things like waking up, bedtime, and meals. Create "back to school rituals" like making a checklist for masks, sanitizer, homework, and water bottles.

Look out for: Anxiety about being away from home or being around people. **How to handle:** Kids have spent a year isolated from friends, extended family, and social situations. It's normal to have anxiety about being around others again! Reassure kids that it's okay to feel nervous. Remind them that everyone is in the same boat, and their friends and teachers are excited to see them.

Look out for: worrying about the safety of parents or other family members. **How to handle:** Separation anxiety can include feeling nervous for the safety of others. Encourage kids/teens to stay positive. Stay diligent and go over the things your child/teen can control, such as wearing their mask, washing hands, and maintaining social distance at school.

LA County Of Education

LACOE offers [Tips On How To Support Your Children/Students Around Mental Wellness.](#)

*Develop wellness routines so kids can unplug. Even going to get some sunshine counts.

*Develop a daily routine. A visual one with pictures and color helps kids stick to it.

*Have a daily family debrief. Share your day's highlights and lowlights.

*Create a family journal. Leave it in a central location and write notes in it, ask for notes in return, and draw pictures to share.

At Home Feel Good Plan

This is an activity you can do with your children. It is a worksheet to help kids identify what causes them stress, how they react, and what they feel helps them stay calm.

[Plan in English](#) [Plan in Español](#)

VeryWellFamily.com

Two articles of interest are:

[How To Improve Your Child's Mental Health](#)

[Signs of Depression In Children During COVID-19.](#) This article lists signs of depression in children as well as tips for coping with/preventing depression.

We hope you will take the time to read some of these resources and help your children stay strong and healthy. If you do find that additional help is needed, please reach out to your school's principal, counselor, advisor, or Shuli Lotan. They are all there to assist you.