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## Important Parent Resources

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March 21, 2020

Dear Irvington School Community,

In just a short amount of time life has significantly changed. These days can be stressful and complex. The outbreak of the coronavirus has many people feeling stressed and anxious for a variety of reasons. I'd like to take this time to validate any feelings of stress and anxiety. During uncertain times like these, they are completely normal. However, if you feel you are in need of support coping with the events of the last few weeks, there is advice and help available. [The Centers for Disease Control and Prevention \(CDC\)](#) has a web page with information on dealing with fear, anxiety, and stress brought on by the coronavirus pandemic. They have specifically geared a section to address those of us with children, as they can be particularly sensitive to uncertainty.

Please remember if you or a family member has a preexisting mental health condition it is critical to continue with treatment. Reach out to your provider and ask if your provider is participating in tele-therapy. If you are experiencing anxiety and stress and you feel you need support, please call the Department of Community Mental Health at (914) 995-1900. They have set up a call line. If you call, you will hear a message and can leave your call back information. A representative from the department of health will call you back and assess your needs and concerns.

While we are practicing social-distancing, it does not mean we have to practice social isolation. Since social connections are important in maintaining our well-being, it is important to find ways to connect with our friends and family. [Linked here are a variety of tips to stay connected and active during these challenging times.](#)

If you have any concerns and/or are in need of support please do not hesitate to reach out and access the available resources. I am here to support the emotional and physical needs of the Irvington School Community. You can reach me via email [gina.menendez@irvingtonschools.org](mailto:gina.menendez@irvingtonschools.org) or phone at (914) 330-2047.

Sincerely,  
Gina Menendez, LCSW  
Irvington School District Social Worker

