COVID-19 & Mental Health

April 1, 2020

Dear GHAPS Families,

The school closure due to the coronavirus pandemic (COVID-19) is no doubt stressful for both parents and students. Fear and anxiety about a disease, having our day-to-day routines altered, isolation from peers/teachers, and the economic ramifications that result are overwhelming. Likely, the uncertainty of our current situation has brought strong emotions to the forefront that, at times, can be difficult to manage.

GHAPS has made online learning a priority during the closure to ensure that your student stays connected and engaged in the learning process. However, the social-emotional wellness of your student is equally important. Being purposeful about practicing self-care is key to coping with heightened stress.

The GHAPS support staff has created a site for parents and students to access wellness resources, including contact information for the social worker/counselor in your student's building, crisis numbers, and activities of various topics that you or your student can access. This site will continue to be updated with information and resources in the upcoming days and weeks and be accessed by clicking this link www.ghaps.org/wellness or on the GHAPS homepage. Please do not hesitate to reach out to your building support staff during school hours with questions or concerns via email. We are here to support you.