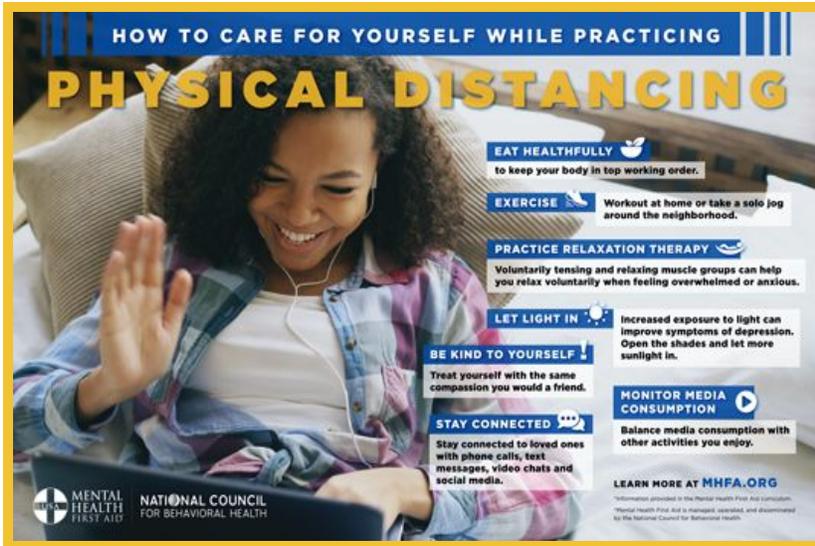


# Willis ISD Counseling Department

## Navigating Mental Wellness

Take an opportunity to talk with your child/children one-on-one. While engaging in something enjoyable for you both, ask them how they are doing. If they are feeling down, listen (without judgment) and ask questions. Provide support and information related to what is going on and ideas and resources related to physical and social-emotional wellness. Also check in with yourself and access resources that will support you during this time, which also supports your child/children.



### If you think your child may be struggling with their mental health

If you are worried about your child's mental health beyond their current fears and possible anxieties surrounding the COVID-19 but it is not related to immediate safety, we encourage you to reach out for more support to your school counselor or community mental health resources. Your school counselors will also have access to a list of community mental health supports in your area. Below you will find helpful links providing information related to the current state of emergency, as well as mental health hotlines.

### Helpful Coronavirus Links:

- [CDC Managing Anxiety and Stress](#)
- [Looking after your Mental Health in the Face of Uncertainty](#)
- [National Institute of Mental Health: Coping with Coronavirus](#)

### Helpful Links for Parents:

- [Talking to Kids About the Coronavirus-English](#)
- [Cómo hablar con los niños sobre el coronavirus-Espanol](#)
- [Explaining Coronavirus to our Students](#)
- [Understanding the Coronavirus](#)
- [Helping Your Child With Anxiety or Fear](#)

### Helpful Links for Older Students:

- [Understanding Anxiety & Depression](#)
- [Managing your Emotions](#)

### Local and National Helplines:

- Montgomery County Mental Health Crisis Services- 1-800-659-6994**
- Woodland Springs Hospital (taking calls 24/7 for mental health crisis): 936-270-7520**
- Suicide Prevention Lifeline: 1-800-273-TALK (8255)**
- Substance Abuse National Helpline: 1-800-662-HELP (4357)**

### District Counselor Contacts by Campus:

- Canaan Elementary- Rachel Savell~ rsavell@willisid.org
- CC Hardy Elementary- Michelle Witham~ mwitham@willisid.org
- Meador Elementary- Anna Payne~ apayne@willisid.org
- Parmley Elementary- Grace Smith~ msmt@willisid.org
- Turner Elementary- Cindy Adkison~ cadkison@willisid.org
- Brabham Middle School-(A-L) Beth Fleming~ bfleming@willisid.org
- (M-Z) Michelle Gray~ mgray@willisid.org
- Lynn Lucas Middle School- Jessie Gilliland~ jgilliland@willisid.org

- Willis High School- (12th) Kristin Coleman~ kcoleman@willisid.org
- (11th) Tricia Neumann~ tneumann@willisid.org
- (10th) Karol Smith~ ksmith@willisid.org
- (9th) Ginger Jenkinson~ gjenkinson@willisid.org
- Lori Van Dresar~ lvandresar@willisid.org

