



Kenowa Hills Public Schools
Education inspired.

Kenowa Hills Mental Health Newsletter

A Word From the District Mental Health Team:

Parents, during this time please remember that as a staff our number one goal is for you and your family to stay safe and healthy.

"YOU CAN'T POUR FROM AN EMPTY CUP.
TAKE CARE OF YOURSELF FIRST SO YOU CAN
HELP TAKE CARE OF OTHERS."

It's tough to be a parent and even tougher under stress. Here are some tips to help keep you grounded under stress:

5 WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

INFORM

LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.



CONNECT

REACH OUT FOR EMOTIONAL SUPPORT, CONTACT LOVED ONES. ISOLATION IS DETRIMENTAL TO OUR HEALTH



SOOTHE

DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING



CONTROL

FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES



HONOR + DISTRACT

ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.

KHPS Resources

Our Child Life Specialist (@ the M.S. level) Jen Armstrong, will be hosting a #MindcareMarch Instagram challenge to encourage positive connection & creativity. Students & families can join on Instagram @

[Mindful Ms.Armstrong](#)

Count to 10 and think again

When your children wind you up, there's a chance that you could say or do something that may harm them or make them feel bad. The following tips should help you to cool down.

1

Breathe slowly and deeply and count to 10.

2

Remind yourself that you are the adult, and can set a good example to your child of how to behave.

3

Think about what you're about to say. How would you feel if another adult said it to you?

4

Go into another room on your own for a minute and think about why you are angry. Is it really because of your child or is something else upsetting you?

5

Ring your partner or someone you can talk to. The problem may not seem so bad once you've shared it with another adult.

6

Go outside for a breath of fresh air.

7

When things really get you down, plan a treat for yourself. Choose something that makes you feel good - a quiet cup of tea, a hot bath, or a visit to the shops.

8

Humour is sometimes the best remedy. Try to see the funny side of things if you can.

9

Leave the room and scream if you feel like it. It's better to shout at the walls than at your children.

10

Visualise a beautiful, peaceful scene, or your own idea of paradise. This can help to calm you down.

It's important that you know how to control your anger so that it doesn't harm your children.



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Mental Health Resources within Kent County

★Feel free to ask if they provide virtual / "tele-therapy" services if you do not feel comfortable leaving home.

Kent County Mental Health Resource Card

Mental Health and Substance Use Services

Arbor Circle	(616) 456-6571
The Bridge.....	(616) 451-3001
Bethany Christian Services.....	(616) 224-7550
Catholic Charities of West Michigan	(616) 456-1443
Cherry Street Health Services.....	(616) 965-8200
Christian Counseling Center.....	(616) 956-1122
Consumer Services Inc.....	(616) 247-4580
D.A. Blodgett Svc. for Children & Families	(616) 451-2021
Family Outreach Center.....	(616) 247-3815
Forest View Hospital	(616) 942-9610
Assessment and Referral Center (Open 24/7)	(800) 949-8439
Gerontology Network	(616) 456-6135
Hope Network Behavioral Health.....	(616) 301-8000
Leonard Street Counseling Center.....	(616) 954-1991
Native American Family Services.....	(616) 451-6767
Network180 Access Center (Open 24/7)	(616) 336-3909

Anxiety Tips

This website, [Virus Anxiety](#), was designed specifically for people who are struggling more with their anxiety due to the virus situation. There are several interactive tools available for all ages.

Additional Resources

[Podcasts for Students](#)
[K-12](#)

["How regular parents can homeschool their kids" -CNN Article](#)

[A free page of calming meditations, sleep stories & music for kids & adults](#)

Pine Rest Christian Mental Health Services	(616) 455-9200
Pine Rest Central Access (Open 24/7).....	(800) 678-5500
Wedgwood Christian Services.....	(616) 942-2110
YWCA of Grand Rapids	(616) 459-4652
Hotline/Lifeline	
National Suicide Prevention Lifeline.....	(800) 273-TALK (8255)
Health Services	
Heart of the City Health Center.....	(616) 965-8200
Kent County Health Department	(616) 632-7100
Metro Health.....	(616) 252-7200
Pregnancy Resource Center	(616) 456-6873
Saint Mary's Health Care.....	(616) 685-5000
Spectrum Health	
Butterworth, Blodgett and DeVos Children's Hospital	(616) 391-1774
Other Services	
Mental Health Foundation of West Michigan.....	(616) 389-8601
Todd Waite Legacy Foundation	www.twlf4suicideawareness.com
United Way First Call for Help	211
If using a cell phone call	(616) 459-2255
West Michigan Survivors of Suicide	www.angelfire.com/mi2/westmisos

www.healthykent.org

www.themhf.org

www.network180.org