



OFFICE OF THE PRINCIPAL

A Message from Our Wellness Staff

Hello,

We understand it is a challenging time for you and your family. Your academic, recreational, and social routines are greatly disrupted by the outbreak of COVID-19 which resulted in many school closures across the nation.

Taking care of yourself, your friends, and your family during these uncertain times can help you cope with stress.

Things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting. Use credible resources like the CDC for good information.
- Take care of your body. Practice paced breathing or other mindfulness-based breathing exercises, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Do other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

The Las Lomas Wellness Center wants to ensure that you have mental health resources available in the event you need them. Below is a list of the most immediate crisis resources that offer 24/7 free and confidential support.

- Get support regarding your anxiety or stress by speaking to a trained counselor at SAMHSA Disaster Distress Helpline at [1-800-985-5990](tel:1-800-985-5990) or by texting TalkWithUS 66746.

- [Contra Costa Crisis Center](#)
You will be connected to a trained Crisis Counselor by
Calling 211 or [\(800\) 833-2900](#) or
Texting 'HOPE' to 20121
- [National Suicide Prevention Lifeline: 1 \(800\) 273-8255](#)
Offers support for people in distress as well as suicide prevention and crisis resources. The Lifeline is also available in Spanish.

If you are experiencing a life-threatening emergency, contact 9-1-1 immediately.

The Las Lomas Wellness Center will regularly share out "Wellness Tips and Tools to Help Cope" via text, social media and LoopMail.

Also, did you know the Las Lomas Wellness Center has an Instagram?

You can follow us [@laslomas_wellness](#) for tips and resources on how to take care of yourself and cope during these times and beyond!

Together, we will all get through this. Be well.

Sincerely,
Las Lomas Wellness Team

Visit our website

