

# PARSIPPANY-TROY HILLS TOWNSHIP SCHOOL DISTRICT SPECIAL EDUCATION PARENT ADVISORY COMMITTEE

Tuesday, November 10 at 6:30 p.m.

Virtual ZOOM Meeting

**Bernard Ivin, LCSW**

## *Supporting Students with Anxiety and Stress During COVID-19*

We are privileged to welcome Mr. Ivin to meet with parents and guardians of our special education students on this important and timely topic. Mr. Ivin will introduce strategies to support children with stress management, feeling better, developing a solution-focused mindset, and living an empowered life.

This presentation is open to all. We ask that parents RSVP to Dr. Santaniello no later than November 9 so that we can provide the meeting link to you. Questions and comments may be directed to:

Dr. Tarah Santaniello, Supervisor of Special Education (6-12+) at [trsantaniello@pthsd.net](mailto:trsantaniello@pthsd.net)

**My Mental Health: Do I Need Help?**  
First, determine how much your symptoms interfere with your daily life.

**Do I have mild symptoms that have lasted for less than 2 weeks?**

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others

**If so, here are some self-care activities that can help:**

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

**If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.**

**Do I have severe symptoms that have lasted 2 weeks or more?**

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm

**Seek professional help:**

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

**For help finding treatment, visit [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp).**

**If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).**

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