

Managing Anxiety and Stress Due to the Coronavirus (COVID-19)

During these uncertain times, it is important to all of us in the Utica City School District that your child's social/emotional well-being is maintained. There are many things that you can do to support your child's well-being during this time. It is highly recommended that children get fresh air and daily exercise. Some examples are to take a walk or ride a bike. In addition, you can have your child assist with cooking, cleaning, and organizing things around the house. Family movie and game nights are great activities as well. As a reminder, continue to practice social distancing as outlined by the Centers for Disease Control and Prevention (CDC).

Beyond this, please continue to talk to your child about how they are feeling during this time. Social isolation can be daunting for kids and adults alike. If you or your child need assistance, please do not hesitate to reach out to your child's principal as they will be able to support you with appropriate school and community resources.

In addition, the Mobile Crisis Assessment Team (MCAT) is continuing to service individuals in our community. This service is for children or adults seeking crisis intervention services. They are available 24 hours a day, 7 days a week. Currently, they are practicing safe restrictions due to the COVID-19 virus, but they have no plans of ceasing operations at this time.

Many other agencies in the community have currently shut down, are limiting appointments, or providing phone sessions. If you or your child already have counseling in the community, please consider reaching out to that agency for directions on how to proceed.

Additional Outside Resources

Mobile Crisis Assessment Team (MCAT)	(315) 732-6228
Corasanti Children's Center (CHBS)	(315) 733-0678
Neighborhood Center (Child Guidance Clinic)	(315) 272-2700
Oneida County Health Department COVID Helpline	(315) 798-5431
Oneida County Department of Family and Community Services (DSS) Helpline	(315) 798-5439
Child Care Helpline	(315) 223-7850 ext. 2222
New York State Mental Health Hotline	1-844-836-9314