

Website COVID Social/Emotional Resources

All of these resources below can help you stay well, focused, and calm. These resources can help you with your friends, family struggles, personal issues, substance use, and mental health questions and concerns. Crisis lines are also available below.

We encourage you to reach out to your high school counselor if you are struggling. They are available from 9 am to 2 pm each day to support you through email. Phone calls and video conferencing can also be provided.

- Megan.Mueller@besd.net Students with last names A-D
- Victoria.Dance@besd.net Students with last names E-J
- Annette.Whitaker@besd.net Students with last names K-Q
- Dave.Smith@besd.net Students with last names R-Z

Messages of Hope and General Information

- Stay Hopeful: <https://vimeo.com/406017830>
- <https://coronavirus.utah.gov/> Slow the Spread #togetherUtah
- Dear Utah: A Message of Hope from your Student Body Presidents <https://youtu.be/otqyBvFseCw>
- Hope at Home Help Resources: https://hopesquad.com/?page_id=1605#hopeathome
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Managing the Stress and Uncertainty

If you are feeling lonely, stressed, or uneasy, here are 8 tips to try:

- (1) Connect with others through voice or video. Hearing and seeing someone is better.
- (2) Keep your body moving! Exercises are like a magic med for your body and mind.
- (3) Reach out and help someone! Both of you will benefit from the rush of positive endorphins.
- (4) Create a daily routine. Routines help us focus.
- (5) Set some boundaries – create specific times and specific place when you ‘unplug’ from homework, social media, and other ‘to-do- list tasks
- (6) Create a list of personal things that you enjoy. Keep this list close to you and participate in at least one per day.
- (7) Turn off the news! Feed your mind with a lot of good media, books, and music.
- (8) Laugh and Play! Try something like *Dry Bar Comedy* on Facebook --- good, clean comedy

APPS

CALM app: Use this for sleep stories to help you fall asleep. There is also music and sounds you can use.

myStrengthApp:

- Go to <https://youtu.be/ecKXQn6dqcA> for a short introductory video
- To sign up, go to www.mystrength.com . Click on signup and use **UDHSguest33** as your access code. A 60-day free trial is available to everyone in Utah.

SafeUT APP: Download the free SafeUT App. Get help for yourself or get help while helping others

Flyers:

Personal Self-Care: <https://schools.utah.gov/file/dc16ab51-3c3d-44d8-ba8b-8c05fe330a33>

SAMSA Coping with Stress after an outbreak: <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

Help Lines

Bear River Mental Health Crisis Line: 800-273-8255

Emotional Health Relief Hotline: 833-442-2211 10:00 am to 10:00 pm daily

Mobile Crisis Response: 1-833-723-3326 8:00 am-11:00 pm

- Helping Youth up to Age 21.
- Mental Health Care Providers will come to the home of the youth during the crisis.
- There is no cost. Short-term and Long-term services may also be available at no cost

SafeUT App: Talk, text, or submit an anonymous tip. Get help for yourself or get help in helping others.

Utah Crisis Line: 1.800.273.TALK

- This is also the National Suicide Prevention Crisis Line

Utah Warm Line: 801.587.1055 8 am to 11 pm

- For non-crisis help. Coping, Support, and Someone to Listen

How Can I Help? What Can I Do?

Acts of Kindness: <https://www.randomactsofkindness.org/>

Bear River Health Department: List by Allena Pierce (Health Promotion Deputy Director)

Give blood <https://www.redcrossblood.org/give.html/find-drive>

Give food

* Brigham City Food Pantry accepting donations (drop off @ door - 272 N 200 W, Brigham City) Mon-Thur - 8am - 4pm, Fri - 8am-2pm

* Boys & Girls Club of Northern Utah, 641 E 200 N, Brigham City, UT 84302, 435.723.6224

Give hope - send a letter, share a smile, encourage someone today

Be mindful of others - take care of your needs but leave some T.P. for the next guy :)

Practice patience - for yourself and others

(we can't be expected to be perfect; these are trying times - please extend a bit of Grace)

Give gratitude - recognize those that continue to serve us despite the risks to themselves

Websites

COVID-19 Resource Hub: <https://psychhub.com/covid-19/>

- Free video, written, and visual resources developed for maintaining well-being and coping with mental health concerns during COVID-19. Many organizations have collaborated to provide you with the resources and information that are available on this hub.

Hope at Home Resources: https://hopesquad.com/?page_id=1605#hopeathome

Helping Teens with Sleep : <https://www.sleepfoundation.org/articles/teens-and-sleep>

College and Career Info

Money for College: It is not too late for you to apply for Federal Financial Aid! A walk-through video is available to help you complete your FAFSA Application:

<https://youtu.be/liO5RKKNrHE>

UHEAA Outreach is available for FAFSA assistance M-F, 8am-5pm: 801-366-8487

outreach@utahsbr.edu

Extra money for college due to COVID-19: Because of COVID-19, you and your family may have experienced a change in income due to loss of employment or a decrease in pay. Contact your college's financial aid office for help in accessing additional federal funding for school. Each school will evaluate your new circumstances and try to help you pay for your upcoming college expenses through special emergency funds or through other available resources.

[COVID-19 FAFSA Flyer English](#)

[COVID-19 FAFSA Flyer Spanish](#)

Concurrent Enrollment Classes and Federal Financial Aid: Announced 4/15/20 by Utah Higher Education Assistance Authority (UHEAA) Community Outreach Team outreach@utahsbru.edu 801-869-5701

“If a student withdraws from or does not pass a Concurrent Enrollment class during COVID-19, this *may or may not* render them ineligible for federal financial aid when they enroll as an officially matriculated undergraduate student (depending on how many other college credits they have attempted and completed, also known as Satisfactory Academic Progress/SAP).

If a senior withdraws from or does not pass one or more Concurrent Enrollment courses during the COVID-19 school closure, they can contact the financial aid office at the college or university where they plan to enroll as a freshman to:

- 1) check if the withdrawal(s) or non-passing grade will drop them below their school's SAP threshold and therefore render them ineligible for financial aid, and;
- 2) complete a SAP appeal if the withdrawal did render them ineligible.

In short, each student's situation will be unique, and they will need to work with their institution directly. This is the extent of the guidance we have been given, but we're happy to listen to any additional questions you may have and pass your questions along to financial aid staff.”

USU Virtual event series for Seniors called *What's Next Wednesdays*. Each week, USU will have 2-3 different topics with various presenters from across USU such as scholarships, financial aid, housing, dining and the academic colleges. Check this opportunity and help out here: <https://www.usu.edu/admissions/virtual-events/index>

AP Testing: In case you missed this on social media, AP Testing Info can be found here:

<https://apcoronavirusupdates.collegeboard.org/educators>. Please contact Travis.Mumford@besd.net or your AP teacher if you have any other questions about AP. They are happy to assist you.

Virtual College Tours: Students may want to tour college campuses [here](#) and [here](#), since they can't visit in real life.

ACT Prep:

<https://docs.google.com/document/d/1FAL2AckpjCllanhkKdEkDfN2SlllaEbWEsfMV8RCSKY/edit#heading=h.e8hra779o21t>

College and Career Activities and Research: <https://www.utahfutures.org/>. Research training programs, colleges, careers, and jobs. Take interest inventories and other assessments and tie them to career choices. Create an account and access a resume builder, a scholarship search, testing prep, and learn about ways to pay for college.

<https://www.utahfutures.org/>