



March 31, 2020

Good morning,

The Hope Hall counseling department has been working diligently to determine what we can do to continue to provide support to Hope Hall students and families. We have created a number of resources for you to utilize and access as needed. These resources can be found on Hope Hall's website (www.hopehall.org) under 'About Us' → 'Community Connection During COVID-19'. The counseling department will continue to upload resources throughout our time away from school so keep checking the website! If there are particular resources you're looking for, let us know. We are happy to research and compile information that will best support and serve your family. We have access to our emails as well as our office voicemail but please note, we can't guarantee immediate response and are unable to support with crisis situations.

For any crisis situation that should arise, please utilize the below public resources for support:

- Lifeline: 1-800-273-8255
- Mobile Crisis: 211
- 911
- Text "Got5" to 741741
- Bivona Child Advocacy Center: child abuse response, healing and prevention
 - Bivona #: 585-935-7800
 - <https://www.bivonacac.org/what-to-do>
 - NYS Child Abuse Hotline: 1-800-342-3720

One final note, please make sure you're monitoring your child's activity on electronics (i.e. social media, texting/messaging, video chats, gaming systems, etc). There are a number of reasons for this caution. For one, there is constant conversation about the coronavirus. Some might be true but unfortunately, there's a great deal of information out there that isn't based in facts. Your child might be receiving misinformation. There's also the reality that overexposure to dialogue surrounding the coronavirus and the current state of our society can cause a build-up of anxiety and uncertainty. The other reason for monitoring your child's electronic activity is because it is being said that during this time away from school, there is a higher likelihood of bullying as well as increased demands for the sharing of inappropriate images. Make sure you know who your child is connecting with and that they are protecting themselves from these increased dangers.

Like the rest of the staff at Hope Hall, the counseling department misses you and are looking forward to the day when we can all be back together again!! Until then, stay safe, stay healthy, and try to find a positive in each day!

Sincerely,

Hope Hall Counseling Department