

The Importance of Emotional Wellness

Garden Grove Unified School District (GGUSD) recognizes that we all may be emotionally impacted by the Novel COVID-19 virus. We would like to remind you that emotional health is as important as physical health. As routines shift in the coming days and school resources are not readily available, it is normal to feel stress, worry or sadness. The emotional wellness of your children, family and yourself is a very important consideration during this time.

If you, your children or a family member should feel that emotional support is needed please refer to the list below of community agencies that will be able to offer support and guidance:

Mental Health Supports:

<u>Agency:</u>	<u>Description:</u>	<u>Contact Information:</u>
<i>OC Links</i>	Information and referrals for behavioral and mental health services in Orange County	855-625-4657 https://www.ochealthinfo.com/bhs/about/nit/oclinks/
<i>NAMI Warmline</i>	Telephone-based or text, non-crisis support for anyone struggling with mental health and/or substance use issues	877-910-9276 Text line: 714-991-6412 Website: https://www.namioc.org/oc-warmline
<i>Pathways Community Services</i>	Mental Health Support: Pathways works with children and families to provide individual or family counseling as needed.	714-221-6400 Website: http://www.pathways.com
<i>OCAPICA</i>	Mental Health Support: OCAPICA provides individual and family counseling for children and adolescents.. OCAPICA has expertise in supporting youth that are Asian or Pacific Islander	657-296-7858 Website: https://www.ocapica.org
<i>BGCGG Family Youth Outreach Program</i>	Mental Health Services: FYOP (Family Youth Outreach Program) provides counseling, educational classes, and other community programs for families with youth who are 18 years old or younger.	714-741-5895 Website: http://www.bgcgg.org/community-health-programs
<i>Mariposa</i>	Mental Health Services: Mariposa Counseling Services delivers high-quality, innovative therapy services that are tailored to meet the specific needs of the individual. Mariposa works with children, teens and adults.	714-547-6494 Website: https://www.mariposacenter.org

For questions about this document please contact Dr. Jeff Layland, Supervisor Student Services at jlayland@ggusd.us