

School is closed and my child needs help, what can I do?

- **Non-emergency situations:**

- The school counselor and/or social worker is available during the regular school day via email if you have a question or concern. *Please understand that during this time of remote learning and social distancing there are limitations to confidentiality with school counselors and social workers.*
- Students without home internet access may visit Thornton Academy to log on to the internet to check email or download assignments from their private vehicle. Park in the staff parking lot beside Alumni House, in front of the Fine Arts Building. Please stay only as long as necessary. Spectrum is offering free home internet for two months, please check [here](#) for more information.

- **Emergency situations:**

- If your student is having a problem or you/they are concerned about somebody else, call the **crisis hotline**. This # will connect you to your closest crisis center: **1-888-568-1112**.

- **Outpatient counselors at school:**

- If your student meets with one of the outpatient clinicians (Maggie Murphy or Kiersten Mulcahy from Spurwink) please email/call them to see if they offer telecounseling or if they can meet at their off-site location

- **Area resources:**

- Resources to find a counselor are available [here](#).
- Food pantry info is available [here](#).



- The following food programs are available in our communities:
 - **Arundel Students:** Breakfast and lunch meals will be available for pick up at Kennebunk High School from 7:30 to 11:00AM beginning Tuesday 3/17/2020 for anyone under 18 years old in your household. Pick up is at the delivery entrance, which is across from the field as you first enter the complex.
 - **Dayton Students:** Pick up lunch for the current day and breakfast for the next day at Dayton Consolidated School from 9:30 to 11:30am (M-F) for ALL Dayton children 18 and under are eligible (grades 6-12). Pull up in front of the main entrance and someone will bring food to your car.
 - **Saco Students:** Bagged breakfast and lunch will be available Monday through Friday from 11:30 a.m.-12:30 p.m. at Fairfield School. For any child ages 0 to 18, parents may pick up 2 meals, a FREE bagged lunch for that day, plus breakfast for the following day, at Fairfield School under a tent in the parking lot.
- Students who currently access Thornton Academy weekend backpack food resources will receive communication from the school to plan for these weekly drop offs as desired.
- **Tips to talk to your kids and taking care of yourself**
 - Coping with stress during infectious disease outbreaks: click [here](#).
 - Talking to your kids about the coronavirus: click [here](#).
- **Tips to help reduce anxiety from the Maine School Counseling Association:**
 - Validate feelings
 - Normalize anxiety during heightened situations
 - Focus on what is in one's control
 - Encourage distraction with activities such as:



- Meditation
 - Mindfulness
 - Going for a walk
 - Music
 - Favorite hobby
 - Family time
-
- **Other hotlines:**
 - **The National Suicide Prevention Lifeline** is available for crisis intervention at **1-800-273-TALK** (8255) **1-800-799-4889** (TTY).
 - **The State of Maine's Child Abuse Hotline** is staffed 24 hours a day. Call **1-800-452-1999** (voice) **1-800-963-9490** (TTY) for support.
 - **Domestic Violence** support is available at **1-866-834-HELP** (4357). This number gives you information on domestic violence, crisis counseling, and emotional support.
 - **211** is available 24 hours a day, 7 days a week to provide information and connect you or someone you know to local programs and services that can help.