

Denton High School Student Support

Information to support you during this
time away from school.

**We are connected.
We are here.
Just an email away.**

**We are available during
school hours.**

**If it is an emergency
(thoughts of hurting yourself),
do not email your counselor.**

Call 911

Crisis Line:

Text HELLO to 741741

National Suicide

Prevention Lifeline:

1-800-273-8255

DHS COUNSELING TEAM



Christopher Lydia
Counselor for students
with Last Names A-C
clydia@dentonisd.org



Danielle Kading
Counselor for students
with Last Names D-H
dkading@dentonisd.org



Kayleen Langat
Counselor for students
with Last Names I-N
klangat@dentonisd.org



Kathleen Ashton
Lead Counselor
Counselor for students
with Last Names O-R
kashton@dentonisd.org



Jari Peltier
Counselor for students
with Last Names S-Z
jpeltier@dentonisd.org



Jewels Holladay
Career Counselor
jholladay@dentonisd.org



Linsey Schafer
Student Assistance Counselor
lschafer@dentonisd.org



Kat Ralph
Social Worker
kralph@dentonisd.org

Make sure to stay informed of all the latest news and announcements:

Dentonisd.org

<https://www.dentonisd.org/covid19>

www.dentonisd.org/together

Information on Breakfast & lunch

18 Locations for Pick Up- Breakfast & Lunch

Delivery Locations added

NO STUDENT ID REQUIRED

Click link above

Food Pantries

Most food pantries will require some form of ID

Our Daily Bread

300 W. Oak Street Suite 100

Denton 76201

Lunch on Monday - Friday from 11:30 am - 1:15 pm

Lunch on Saturday from 11:30 am -12-30 pm

Dinner is served on Monday night from 5:30 pm - 6:30 pm

The Salvation Army

1508 E. McKinney St

Denton 76209

Soup Kitchen open every evening from 6:30 pm to 7:00 pm

Denton Food Bank at Serve Denton

306 N. Loop 288 Suite 400

Denton 76209

Monday thru Friday 1 pm-3 pm

Freedom House Food Pantry

1123 Ft. Worth Drive

Denton 76206

Monday - Friday 1 pm -4 pm

Asbury Relief Ministry Food Pantry

117 Hercules Lane

Denton 76207

Monday 6:00 pm-7:30 pm

First Refuge Ministries

1701 Broadway St.

Denton 76201

Monday 9 am-12 pm

Tuesday and Wednesday 1 pm-4 pm

Thursday 6 pm- 8 pm

Vision Ministries

626 Wainwright

Denton 76201

Monday - Thursday 12:30 pm-4 pm

Cross Timbers Church

312 W, McKinney

Denton 76201

Monday - Friday 5 pm -6 pm

Hot Meals for kids 18 and under + a box of staple items (Kids must be present to receive food) drive-thru pick-up

Denton Community Food Center

306 North Loop 288, Suite 400

Denton 76209

Monday & Wednesday 1 pm -3 pm

**Your
Mental Health
Matters**

During this time, many are feeling anxious and perhaps disconnected. It is important to take care of your **physical needs**: eat, sleep, rest, drink water, limit screen time. Your **mental health** is just as important. Make sure you are checking in with others, your support system, or a trusted adult about how you are feeling. **Stay connected socially.** Lean into support systems.

If you notice you are feeling anxious or overwhelmed from watching the news, being on social media, then **limit your screen time and practice self care.**

If You Need Immediate Assistance

EMERGENCY

Call 911

Sexual Violence, Crisis and Support

[Friends of the Family](#): 24/7 Call 940-382-7273 or 800-572-4031

Crisis & Support

[Suicide Prevention Lifeline](#): Call 1-800-273-8255

[The Suicide and Crisis Center of North Texas Line](#): Call 214- 828-1000

[Text](#): HOME to 741741

Crisis, Support, LGBTQ

[The Trevor Project](#): Call 866-488-7386

Text: START to 678678

Drugs and Alcohol Education, Treatment and Referral

[National Drug Helpline](#): Call 844-289-0879

I'm not okay.

I'm here, and
I'm listening.

You've got this. Text **hello** to 741741.

CRISIS TEXT LINE |

**Text from anywhere in the
USA to text with a trained
Crisis Counselor.**

Every texter is connected with
a Crisis Counselor, a real-life
human being trained to **bring
texters from a hot moment to a
cool calm** through active
listening and collaborative
problem solving.

Crisis Line: Text HELLO to 741741

NATIONAL

SUICIDE

PREVENTION

LIFELINE

1-800-273-TALK (8255)TM

suicidepreventionlifeline.org

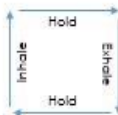
Coping Skills & Strategies

FIVE to THRIVE

During times of uncertainty or high stress, we sometimes become overwhelmed with fear and anxiety. Here are five things you can do to “reboot” your brain and reset your perspective.

1

Square Breathing: Practice deep belly breaths while envisioning a square: Inhale for 4 seconds; Hold your breath for 4 seconds; Exhale for 4 seconds; Hold for 4 seconds. Continue for 10 cycles of this breathing exercise. TIP: Sometimes it helps to picture a balloon inflating and deflating.



2

Mindful Awareness: Using your senses, notice 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste.



Sight



Hearing



Touch



Smell



Taste

3

Express Gratitude: Write down what you're thankful for (seriously, write it down – it will be more impactful than just thinking it, speaking it, or even typing it). Here are some prompts to get you thinking:

- Someone helped me this past week by....
- Something that used to be hard, that I've worked hard to improve at is....
- The personality trait I'm most proud of is....
- The things or people I can always count on to make me laugh are....
- Something I have, that I sometimes take for granted is....

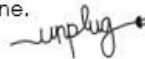
4

Get Outside: Even if just briefly, go for a walk or bike ride and enjoy the sunshine.



5

Take a Break from Social Media: Do things that make you forget to check your phone.



MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques



WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

INFORM

LIMIT EXCESSIVE, CONTINUOUS
EXPOSURE TO MEDIA. INFORM,
WITHOUT OVERWHELM. SET
BOUNDARIES AROUND TIME,
TRUSTED SOURCES.



CONNECT

REACH OUT FOR EMOTIONAL
SUPPORT, CONTACT LOVED
ONES, ISOLATION IS
DETRIMENTAL TO OUR HEALTH



SOOTHE

DEEP BELLY BREATHING,
GROUNDING
TECHNIQUES, GUIDED
IMAGERY, PRAYER,
CALMING SOUNDS,
LAUGHTER, SINGING



CONTROL

FOCUS ON THINGS WE CAN
CONTROL: WASH HANDS,
HYDRATE, NOURISH,
CONTACT HR REGARDING
WORK POLICIES, ADJUST
FINANCES



HONOR + DISTRACT

ACKNOWLEDGE FEAR,
ANXIETY. FIND ACTIVE
WAYS TO DIVERT
ATTENTION: PUZZLE,
READ, CRAFT, ETC.

SET
BOUNDARIES
WITH WHAT +
HOW MUCH
MEDIA YOU
CONSUME

YOU'RE
ALLOWED TO
OPT OUT OF
OVERWHELMING
DISCUSSIONS

TRY TO
RESPOND TO
THE FEARS OF
OTHERS WITH
UNDERSTANDING
+ RESPECT

GENTLE REMINDERS:
FOR WHEN THE
WORLD FEELS
FRIGHTENING

≥@THEMINDGEEK≤

FOCUS
ON THE
MANY THINGS
YOU CAN
CONTROL

BE
MINDFUL
OF WHEN IT'S
BECOMING
MORE THAN
JUST 'BEING
INFORMED'

BREATHE,
CONNECT +
TAKE GENTLE
CARE OF
YOURSELF +
OTHERS

ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things
you can
see



3 things
you can
hear



4 things
you can
touch



2 things
you can
smell



1 thing
you can
taste



**Things to do
while away from
school**

Learn to Code!
Click Here for
Apps, Websites, & More!

**Go into Naviance and search
Careers and Colleges!**
<https://www.dentonisd.org/Page/54677>

- Get Active!**
- Go for a Walk or Run
 - YouTube JustDance or other workout videos
 - Practice Yoga using YouTube videos

Learn Something New From a Podcast!
(Click the hyperlink!)

For Science Lovers: RadioLab or Science Friday

For History Buffs: Forever Ago

For Biographies: Goodnight Stories for Rebel Girls

For Storytelling: This American Life

- Journal
- Write a Letter to a Friend or Family Member!
- Make a List of Things You're Grateful For
- Read a Book or Magazine...for fun!
- Have a Dance Party with Friends via FaceTime!
- Disconnect from Social Media...even if it's just for 30 minutes!

Practice for the SAT

Center yourself when things get
overwhelming
by practicing
Mindfulness Techniques

Virtually Tour Museums:
Google Arts and Culture

DEAR CLASS OF 2020

YOU ENTERED THE WORLD DURING 9/11.
YOU GRADUATE DURING A PANDEMIC.

NO DOUBT THESE EVENTS WILL SHAPE YOU.
YOU SEE BEYOND BORDERS AND POLITICAL
PARTIES. YOU SAVOR THE GOOD. YOU
RELISH HEALTHY LIFESTYLE HABITS.

THE CELEBRATIONS MAY NEED TO WAIT.
AND YOU ARE OK WITH THAT.

WE ARE PROUD OF YOU!

Above all else, remember to:

Take care of yourself.

Take care of your family.

Do something kind for someone else.

Reach out for help when you need it.

We are all in this together.

We Are DHS!