

School Counseling

Information from Ms. Daniel, School Counselor
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Some of us may be more prone to experiencing fear or anxiety in situations like this one. We react to stressful situations differently. Please feel free to email School Counselor, Michele Daniel, with questions or to set up a time to speak with her by phone. She checks email frequently throughout the day and evening.

Parent conversations with children and online resources are as follows:

- [Talking with Children about Coronavirus Disease 2019](#)
- [Mental Health & Coping During COVID-19](#)
- [Talking to Kids about Coronavirus](#)
- [Coronavirus \(COVID-19\): How to Talk to Your Child \(for Parents\)](#)

Mental health access and online resources are as follows:

- [Help Your Child Thrive with Professional Counseling](#)
- [Centerstone: Delivering Care that Changes People's Lives](#) (Tennessee, Kentucky, Illinois, Indiana, Florida)
- [Volunteer Behavioral Health Care System](#)
- [Mental Health Cooperative: Children and Youth](#)
- [Vanderbilt Behavioral Health](#)
- [Psychology Today: Find a Therapist](#)
- [International Therapist Directory](#)