

# VIRTUAL SCHOOL COUNSELING

## CLINTON PRAIRIE JR/SR HIGH SCHOOL

OFFICE HOURS: 8:00AM-3:00PM

### STUDENTS CAN ACCESS SCHOOL COUNSELING SERVICES BY:

- Emailing their school counselor during office hours to have an exchange via email

### PARENTS CAN ACCESS CONSULTATION SERVICES BY:

- Emailing their child's school counselor during office hours to have an exchange via email

### STAFF CAN ACCESS CONSULTATION SERVICES BY:

- Emailing one or both school counselors during office hours

**Ms. Rebecca Johnson**  
Director  
Counselor, Grades 10-12  
rjohnson@cpsc.k12.in.us

**Mrs. Christina Murray**  
Counselor, Grades 7-9  
cmurray@cpsc.k12.in.us

**Mrs. Angie Batt**  
Secretary  
abatt@cpsc.k12.in.us

Scholarship or transcript questions?  
Email Mrs. Batt

### MENTAL HEALTH RESOURCES


Four County Counselors: 574-732-1414  
Please let them know you are a CP family/student

Changes Lafayette: 765-701-6090  
offers no cost assessments

National Suicide Prevention Lifeline  
1-800-273-8255 [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

In the event of a mental health emergency, please dial 911

## 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

## The 8th Grade Orientation Meeting is Cancelled.

Mrs. Murray will send out a presentation and instructions for scheduling by March 31st through email.

Please do not hesitate to contact us at any time!

-Ms. Johnson & Mrs. Murray

