



Northfield Elementary School Social Emotional Support

Northfield Elementary School ~ Social Support Personnel

Denise Russell- Principal 455 8799
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Carly Humke - Coordinator of Student Support (School Counselor)
455 8819 chumke@cvsu.org
Dot Higgin - Coordinator of Student Affairs
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Keisha Velez - School Home Coordinator
798 2029 kvelez@cvsu.org
Regina Hunt- Classroom Behavior Support Coach, PBIS Coordinator
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Brenda Gove - School Nurse
485 4427 bgove@cvsu.org

If you or someone you know might need help, please reach out to someone in your community, and in an emergency, call 911 or the National Suicide Prevention Lifeline 1-800-273-8255, or text the Crisis Text Line 741741 (Canada text 686868).

1-800-273-TALK (8255) (National Suicide Prevention Lifeline: USA)

*In Crisis: 1-800-SUICIDE (1-800-784-2433) (National Hopeline Network: USA)

- SAMHSA Disaster Distress Helpline: Call 1-800-985-5990 or text TalkWithUs to 66746
- National Suicide Prevention Lifeline: Call 800-273-8255 or Chat with Lifeline
- Crisis Textline: Text TALK to 74174

Mental Health Resources

[VT - Dept. of Mental Health](#)

[UVM: Breathe In, Breathe Out: How to Deal with Stress Due to COVID-19](#)

[CDC: COVID 19 - Manage Stress & Anxiety](#)

[NPR: 5 Tips to Regain your Calm](#)

[NPR: Just For Kids: A Comic Exploring the New Coronavirus](#)

[NPR: Coronavirus & Parenting](#)

[Child Mind: Talking to Kids about COVID-19](#)

[Conversation: Coping with Coronavirus Anxiety](#)

[NASP: Talking to Children about Coronavirus](#)

[CSTS/Uniformed Services: COVID-19](#)

[Outright VT](#)

[GGSC: 4 Things to do Every Day for your Mental Health](#)

[Child Mind Institute: Anxiety & Coping with Coronavirus](#)

Social Emotional Resources

[InsideSEL: COVID-19](#)

[CASEL: COVID-19](#)

[30 Things for Emotional Health](#)

[Common Sense Media: Digital Citizenship](#)

[Headspace: Mini Meditation](#)

[Mindful.org - Mindfulness Apps](#)

[Mindfulness Resources/Videos/Apps](#)

[CALM: Free Resources](#)

[DownDog - Free for Students/Teachers](#)

[Greater Good's Guide to Wellbeing during the Coronavirus Pandemic](#)

[Child Mind Institute: How Mindfulness Can Help During COVID-19](#)

[CALM: Take a Deep Breath \(Additional Resources\)](#)

[Yoga4Classrooms: 7 Ways to Find Grace and Alleviate Suffering during the COVID-19 Pandemic](#)

