

# Supporting Well-Being

## Family Resources

As we continue to experience and respond to all of the changes COVID-19 is creating for us and for our communities, please keep in mind that we are coming back from a time where we have had to isolate from those we care about. There is trauma in that.

Be mindful of spending time to reconnect with family. We will all need to take time to attend to needs that support health, safety, and overall well-being, which may look like; helping to navigate the wide range of feelings during this time, talking about the importance of exercise for feeling good and for mental health, and talking about self-care strategies that can be done at home.

Below are links with information that will be regularly updated by Bay-Arenac ISD staff during this time. The lists provided include learning opportunities, resources, and support offered in our region to help meet the variety of needs our students, staff, and families may have at this time and in the future.



### Community Supports and Resources:

*Information on resources and supports being offered by districts and communities in Bay and Arenac County.*

- [Bay/Arenac County Resources List](#)
- [BAISD-31N Home](#)
- [Great Lakes Bay Regional Alliance](#)
- [Great Lakes Bay Parents](#)
- [2-1-1](#) (day-to-day challenges, crisis, find emergency food pantries, etc.)
- [Bay-Arenac Behavioral Health](#) 1-800-891-2472
- [Suicide Prevention Hotline](#) 1-800-273-TALK (8255)

### Supports for Well-Being at Home:

*Resources designed to help assist families in teaching and supporting their children's well-being.*

- [Talking to Children about COVID-19](#)
- [Stress Reactions](#) Understanding normal behavioral response to crises.
- [Parent Resources](#) General best practices of talking through trauma with children. Positive self-care strategies that promote health and wellness.
- [COVID-19, Helping Children Cope during COVID-19](#)
- [Social Skills Parenting Guides](#): SEL Development Tool for educators/parents.
- [Anxiety in Children | Resources for Kids with Anxiety](#)
- [Back To School Care Package](#)
- [COVID-19 | University of Maryland School of Medicine](#)
- [CASEL Social Emotional Learning Links and Resources](#)
- [MDE - Family Matters](#)