



Return to In-Person Learning Support for Parents and Guardians

Many students and families are buzzing with excitement and a sense of relief with the return of in-person learning. The increasingly hopeful news and numbers evoke a sense of hope for the return of daily life as we once knew it. For many, however, this relief is mixed with anxiety. Even positive changes can be difficult for people of all ages to adjust to. We will all need support through this time and especially through the last few months of this school year.

We have compiled a list of resources that may help you and your child adapt to the coming changes at school. Although everyone may react to these significant changes differently, it's important to know that you are not alone in any challenges that you and your child may face. We hope that these guides and articles will help support you as we anticipate yet another transition.

- [CDC Checklist: Planning for In-Person Classes](#): The Center for Disease Control has created a checklist to help students and caregivers prepare for the return to in-person learning. This document includes actions that your family might want to take and mental health and social-emotional wellbeing considerations.
- [CDC COVID-19 Parental Resources Kit](#): CDC developed this resource kit to help support parents, caregivers, and other adults serving children and young people in recognizing children and young people's social, emotional, and mental health challenges and helping to ensure their well-being. The "kit" includes resources that may be helpful as your child transitions to in-person learning.
- National Alliance on Mental Illness (NAMI) [Family Support Group](#) is a free, peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. No specific therapy or treatment is endorsed and meetings are confidential.

- [Shrewsbury Public School's Well-Being Guide](#) is a great resource created with students and families in mind. You can find a variety of topics here, including tips and external resources on how to support your child(ren) and yourself.
- McLean Hospital offers a series of [Mental Health Webinars](#). Think of these videos as hour-long help sessions. Topics include the relationship between sleep and mental health, healthy eating, recovery from burnout, tips on limiting screen time, and mindfulness for kids and teens.

If your concerns are of a more urgent nature, the following mental health crisis resources may be helpful:

- [Youth Mobile Crisis Intervention](#)
Worcester Team: 1-866-549-2142
- [Emergency Mental Health Services \(EMH\)](#)
508-334-3562 - UMass Memorial Hospital
- [National Suicide Prevention Lifeline](#)
1-800-273-8255

[211.org](#) or dial 211 is an additional resource that includes information and links to resources for various topics, including:

- Crisis and emergency (mental health, suicide, domestic abuse, substance abuse)
- COVID-19 information
- Essential needs (food, housing, healthcare)
- New to the U.S. (help in English and 180 different languages)