

## COUNSELOR RESOURCES

- **IHL:** [System Guidance for IHL institutions regarding admission and placement for AY 2020-21 in response to COVID-19](#)
- [Mental Health Mississippi](#)  
Access to local mental health services and resources for children and adults
- [DMH Helpline](#) and [Crisis Lifelines](#)  
Available 24 hours a day, 7 days a week to help
  - **Suicide Prevention Training**  
During this time of stress and uncertainty around the COVID-19 pandemic, the Mississippi Department of Mental Health (DMH) and Mississippi State University (MSU) are offering a free online training, The Alliance Project, that is focused on youth suicide prevention during COVID-19. The Alliance Project addresses how to identify when a person is in distress, how to make a connection with that person, and how to best help them. This free online training is available to parents/caregivers, teachers, counselors, and others. The Alliance Project training can be found directly at <https://youtu.be/pRKece7AA>. It is also available on the DMH Facebook page, [www.facebook.com/dmhmississippi](http://www.facebook.com/dmhmississippi).
- **National Suicide Prevention Lifeline:** 1-800-273-8255 or text "Home" to 741741 to text with a Crisis Text Line counselor (24 hours a day, 7 days a week)
- **Mental Health Technology Transfer Center**
  - [Supporting Student Mental Health: Resources to Prepare Educators](#)  
This document describes the role of educators in supporting student mental health, explains the core components of mental health literacy, and provides an annotated list of existing resources and trainings that instruct educators on mental health literacy.
  - [Responding to COVID-19 | School Mental Health Resources](#)  
Here we highlight MHTTC products and resources specific to school mental health that can be useful when coping with the effects of widespread public health crises. A compilation of school mental health resources from other reputable organizations is also available
- **Advanced Placement (College Board)**
  - [2020 AP Testing Guide:](#) The guide, designed for educators to walk their students through test day, provides information about the full testing situation. It is designed as a PowerPoint in case teachers or coordinators want to virtually lead students in preparation for exam administrations.
  - [In-depth Educator-Specific FAQs:](#) Most information about 2020 AP online exams can be found in the AP Testing Guide. Questions we receive from educators about the exams that aren't covered by the guide will be posted here and updated regularly.
  - [College Board Shares Plans to Provide Students with Opportunities to Take the SAT in 2020](#)
  - [2020 AP Exam Updates](#)
  - The [Coronavirus for Counselors webpage](#) has been updated to include to key resources.

- **AP Live Update/AP Master Classes:** [AP Live](#) is the College Board's free, daily online courses and review lessons available in all subjects on Advanced Placement's YouTube channel. In an effort to keep AP students motivated to excel and to provide engaging learning experiences for the students in our care, I am excited to share that AP Live will be joined by leaders and notable figures in all fields in the coming weeks for AP Master Classes.
  - **AP Teacher Webinars:** The subject-specific teacher webinars. Recordings of the webinars can be accessed under Discipline Updates for the 2020 Exams on the [Educators Tab](#) of the [AP Coronavirus Updates page](#). To access a webinar that already took place, click the box to the left of the title, then click Register and enter the requested information and the recording will play. It will also email the educator a link to the recording.
  - [College Board COVID-19 Updates](#)
  - [College Planning Tools](#)
- **ACT**
    - **UPDATE:** [Free ACT Resources for Teachers, Students, and Families](#)
    - **UPDATE:** [ACT to Offer Students Additional Summer ACT Test Date Options and ACT Test Online at Home](#)
    - [2020 National Exam COVID-19 \(Frequently Asked Questions\)](#)
    - [Helping Kids who are Worried About Corona Virus](#)
  - **American Psychological Association (APA)**  
American Psychological Association's mission is to promote the advancement, communication, and application of psychological science and knowledge to benefit society and improve lives. [Identifying signs of stress in your children and teens](#)
  - **American School Counselor Association (ASCA)**  
The American School Counselor Association (ASCA) supports school counselors' efforts to help students focus on academic, career and social/emotional development so they achieve success in school and be prepared to lead fulfilling lives as responsible members of society. [ASCA Update: COVID-19 COVID-19 Resources for School Counselors](#)
  - **Career One Stop**  
Career One Stop is a source for career exploration, training and jobs. Students are able to complete interest inventories, research certain careers, or learn more about the military.
  - **Center on Positive Interventions and Supports (PBIS)**  
One of the key principles of Positive Behavioral Interventions and Supports (PBIS) is to focus on building prosocial skills, not simply attempting to eliminate challenging or problem behavior. Center on PBIS encourages all schools to continue that focus, as well as other key principles of PBIS, as you address COVID-19 pandemic. [Responding to the Novel Coronavirus \(COVID-19\) Outbreak through PBIS](#)
  - **Counselor Keri**  
Counselor Keri is a mental health counselor turned school counselor and curriculum writer hoping to spark social, emotional, and academic growth. Resources and written entries will help parents best explain, talk, and understand what their children are facing with COVID-19. [Coronavirus Information for Kids](#)  
[Helping Kids who are Worried About Corona Virus](#)  
[Understanding Worry and Promoting Mindfulness](#)
  - **Get2College**  
A program of the Woodward Hines Education Foundation, Get2College specializes in college planning and financial aid in Mississippi. We serve any student seeking a post-secondary education, with a special focus on students who have been traditionally underrepresented in college. [COVID-19 Response and Resources](#)

- **InnerView**  
A no-cost resource for high schools and high school students who invest time in community service. School leaders can manage school-wide or group programs, post volunteer opportunities and events (including current needs for virtual peer tutors) and access reports and insights for overall school impact. Students access InnerView via their phone or computer and the system automatically builds a digital Service Resume based on their inputs. The Service Resume can help the student stand out when applying for jobs, scholarships, and college. [This handout](#) has all of the details for students. Interested in learning more? Email: [help@InnerView.org](mailto:help@InnerView.org).
- **Kids Health**  
Kids Health is a nonprofit children's health system that aims to give families the tools and confidence to make the best health choices.  
[Teens Talk About Stress \(Video\)](#)  
[Coronavirus \(COVID-19\): How to Talk to Your Child](#)  
[Coronavirus \(COVID-19\): Preventing the Spread](#)  
[Coronavirus: What Kids Can Do](#)
- **LearningExpress Library** (Grades K - 12th)  
LearningExpress Library provides support to K12 students for academic skill-building and standardized test prep. Students have access to digital study guides, flash cards, ebooks, and practice tests. LearningExpress Library covers mathematics, social studies, science, and English skills as well as ACT Prep and Advanced Placement.
- **Mind Heart**  
[Coronavirus Coloring Book](#)
- **Mississippi Library Commission**  
[Free Test Prep Resources](#)
- **Mississippi State Financial Aid Office**  
[COVID-19 Updates](#)
- **MS Works Magazine**  
MS Works Magazine connects you with everything you need to know to find a great career and a great future in Mississippi. Visit this site to explore the MS Works Magazine and utilize helpful career development tools.
- **My Hero is You, a Storybook for Children on COVID-19**  
This online book is written by children from around the world in the face of COVID-19 and is a resource for children and families to talk about their feelings and mental health in light of the crisis. It is available in [English](#) and in [16 other languages](#). It is meant for children to read with an adult.
- **National Association of School Psychologists (NASP)**  
As the world's largest organization for school psychologists, NASP works to advance effective practices to improve students' learning, behavior, and mental health. NASP's vision is that all children and youth thrive in school, at home, and throughout life.
- **National Public Radio (NPR)**  
Just For Kids: A Comic Exploring The New Coronavirus
- **SEL Home Connections by ACT**  
Provides structure for teachers or parents to introduce SEL concepts to students while they are working at home. Contents include parent letters and student worksheets that focus on the core

tools and strategies taught in social emotional learning.

- **The Child Mind Institute**

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders.

[Supporting Families During COVID-19](#)  
[Additional Resources for Families](#)

- **The Collaborative for Academic, Social, and Emotional Learning (CASEL)**

SEL is how children and adults learn to understand and manage emotions, set goals, show empathy for others, establish positive relationships, and make responsible decisions. CASEL provides free educational resources, guides, webpages, lesson plans and much more for parents, educators & caregivers.

CASEL provides resources, talking points, and lesson plans when talking to students about the [Coronavirus](#).

- **The Mississippi Department of Education (MDE)**

The Mississippi Department of Education offers online tools and resources to help support counselors and students regarding college and career readiness, including K-12 Pacing Guides, K-12 Career Lessons, Guidance on Individual Success Plans, and Mississippi Career Development Resource Document.

- **The National Career Development Association (NCDA)**

The National Career Development Association (NCDA) provides professional development, publications, standards, and advocacy to educators who inspire and empower students to achieve their career and life goals. Resources include self-assessments, general occupation information, employment trends, and job searches.

- **The National Child Traumatic Stress Network (NCTSN)**

The National Child Traumatic Stress Network (NCTSN) was created by Congress in 2000 as part of the Children's Health Act to raise the standard of care and increase access to services for children and families who experience or witness traumatic events. This resource will help parents and caregivers think about how an infectious disease outbreak might affect their family— both physically and emotionally—and what they can do to help their family cope.

[Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 \(COVID-19\)](#)

- **The Skills Foundation of Mississippi**

A non-profit focused on increasing the skilled workforce in our state. We partner with private industry, communities, and state leaders for true public/private partnerships to grow the pipeline of skilled workers for the next generation of Mississippians. Below is a list of the tools at the disposal of MS educators and how to access them:

- [Get On The Grid](#) MS's Virtual Guidance Counselor - High demand careers broken down by the 5 priority sectors ID's by MS workforce leaders.
- [Get Local](#): More detailed version of Get on the Grid, broken down by workforce region. The content on this site was developed by local workforce leaders to ensure the content is specific to regional needs.
- [Virtual Classroom Experience](#): This is a module crafted for utilization by educators with a captive audience. It walks a student through a series of basic career questions, then shows them a video explaining how to use Get on the Grid to explore careers. After a period of exploration it asks a series of post questions to gauge the process' impact.
- [Educator Resources](#): A set of resources developed by a Mississippi teacher to be used in conjunction with Get on the Grid. Resources include both middle school & high school lesson plans, a budget worksheet to help students think through financial needs, and career exploration worksheets.

- **World Health Organization (WHO)**  
[COVID-19 Frequently Asked Questions](#)