

Websites for Students and Parents

- [How to Talk to Your Kids about Coronavirus - PBS Kids](#)
- [Supporting Childrens Emotional Well Being - Child Trends](#)
- [Managing Anxiety and Stress - CDC](#)
- [Coronavirus has Upended Our World, It's Ok to Grieve - NPR](#)
- [5 Ways to Help Teens Manage Anxiety - NY Times](#)
- [Talking to Children About Coronavirus - American Academy of Child and Adolescent Psychiatry](#)

*Please see resource information on the following page if you or a loved one needs mental health support.

Walk-In Mental Health Services

Daymark Recovery Services

Monday-Friday 8:00am-5:00pm

Locations:

110 West Walker Avenue

Asheboro, NC 27203

336-633-7000

205 Balfour Drive

Archdale, NC 27263

336-431-0700

For urgent/emergency needs

Mobile Crisis – 1-877-626-1772

911

Hotlines

Crisis Text Line – 741-741

Suicide Prevention Lifeline – 1-800-273-8255