




Queen Creek

Unified School District



Helping Children & Their Emotional Well-Being





We want to encourage you to take care of yourselves and know that while we are all trying to practice 'social distancing', you are not alone with the concerns and feelings that you may be having. We have shared some resources for you below that may be beneficial. Please check the District Social Workers Website for weekly updates.

[Queen Creek Unified School District Social Work website](#)

These resources offer positive suggestions and tips for coping with our current situation:

Teen Lifeline: While social distancing can mean physical distancing, it doesn't have to mean emotional distance. Keep connected with friends through text, call & virtual hangouts. Teen Lifeline is also available to listen & help anytime. Calling available 24/7. Texting available 12pm-9pm on weekdays and 3pm-9pm on weekends. Peer counselors are available from 3pm to 9pm every day. 602-248-8336 (TEEN) 800-248-8336 (TEEN)

[Teen Lifeline Resources](#)

Headspace has created a collection of meditations, sleep, and movement exercises called "Weathering the Storm" to help people cope during this uneasy time. This resource is a FREE tool that you can use on the app to support yourself or someone you care about.

[Headspace website](#)

Calm: Discover a variety of resources/tools to support your emotional well-being.

[Calm.com website](#)

Activeminds: Tips for staying emotionally healthy and active during this time period.


[Activeminds website- Staying emotionally well during COVID-19](#)


AZCIS: We know many of you are missing your 'structure' and are wondering what you can do to 'get ahead' with your high school requirements while you aren't able to attend classes. Remember that each student completes an Education and Career Action Plan (ECAP) before graduation, and we work on various components at each grade level. Feel free to log in to your personal AZCIS account to complete interest inventories, do college and career research or update your plan at the link below: [AZCIS Portal](#)

ASPIRE: An online program that aims to motivate teens

- **TO BE TOBACCO-FREE BY OFFERING:**

Videos, animations, and interactive activities Testimonials from peers, doctors, smokers and non-smokers Information on short and long-term health consequences of tobacco/nicotine use. There will be content on new and emerging products (e-cigs, hookah, synthetic marijuana), tips and resources to avoid the temptation to smoke or to stop smoking.





- THE ASPIRE STUDENT PROGRAM INCLUDES:
English and Spanish languages, Closed captioning, 8 Educational modules, Pre- and post-tests, Quizzes along the way, Certificate of completion and a Reporting system with grades.

To register your child, please contact Dena Morgan (EHS and QCMS) at dmorgan@qcusd.org or Ramona Sylvester (QCHS and NBMS) at rsylvester@qcusd.org

Teens referred into the mandatory program by a Queen Creek district staff are required to attend weekly for sessions Online with a parent/ guardian, to take the place of a severe school consequence and/or out of school 10-day suspension for behavioral instances. For more information on this program, please contact Dena Morgan @ dmorgan@qcusd.org or Ramona Sylvester @ rsylvester@qcusd.org

Everfi: Free, ready-made student projects you can use to help students build a foundation of understanding related to substance misuse and mental health. The project provides independent student activities that can be completed whenever and wherever.
[Everfi Student Projects](#)

If you or someone close to you are in crisis and need to talk to someone immediately, please don't wait. Utilize the information below to connect with important resources right now.



Teen Lifeline

Calling available 24/7. Texting available 12pm-9pm on weekdays and 3pm-9pm on weekends. Peer counselors are available from 3pm to 9pm every day.

602-248-8336 (TEEN) 800-248-8336 (TEEN)

[Teen Lifeline- I Need Help](#)

[Teen Lifeline- Resources](#)

Maricopa County 24-Hour Crisis Hotline

602-222-9444 or 800-631-1314

Crisis Text Line

Text HOME to 741741

[Crisis Text Line website](#)

Suicide Prevention Resource Center

1-800-273-8255 (TALK)

[SPRC Resources and Programs](#)

Salt River Pima-Maricopa Indian Community Crisis Intervention (480) 850-9230 1-855-331-6432 [AZ AHCCCS Behavioral Health website](#)

For non-crisis questions/concerns, social workers are currently available to respond to students via email. To email your social workers please see below:

Ramona Sylvester rsylvester@qcusd.org	Social Worker for Queen Creek High School and Newell Barney Middle School
Dena Morgan dmorgan@qcusd.org	Social Worker for Eastmark High School and Queen Creek Middle School