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On behalf of:
Scott W. Lay, Nevada County Superintendent of Schools
Chris Espedal, Director of School Safety

Though the doors to the Nevada County Superintendent of Schools Office, and many of our school sites are closed, the work continues. It has been fun to see the creative ways teachers and staff across our county have been trying to lift the spirits of their students and create connectivity via technology. There have been songs, dances, contests, challenges and more to bring students to some type of normalcy. We are grateful for the efforts they have made. We have seen great Facebook posts with creative videos and messages to students, heard words of encouragement via phone messages and emails and are proud of the community where we live and work. It is important to share our ideas and words of hope with one another.....we need each other during this time!

As we move into another week of working from home and “distance learning”, with an extension into the month ahead, we wanted to reach out to all of you with additional resources. As teachers, families and students adjust to social distancing, isolation, “home schooling”, and working from home, the level of fear and frustration are subject to rise. Continued adjustments and working out the kinks are normal for staff, parents and students.

Unfortunately, many students and family members may have been struggling with feelings of isolation, depression, anxiety and fear prior to the pandemic; those numbers are sure to increase. On a Zoom Meeting with the Suicide Prevention Task Force last week and we were reminded that this global pandemic brings concerns for mental health to a new level. We must continue to be alert in recognizing signs of distress. Please see the message below and share the resources available to you with your friends, family and neighbors.

We are grateful to our employees for the extra efforts to provide a safe learning environment for all of our students. Thank you for providing encouragement, hope and a sense of community for our students and families. Thank you for providing meals to our community. And we are grateful to the medical staff, first responders and all essential workers in our community. Thank you for going above and beyond during these unprecedented times; your efforts do not go unnoticed. Stay safe and healthy!

A message from Nevada County Behavioral Health:

Many people may be experiencing stress, fear, and anxiety in the face of the outbreak of coronavirus (COVID-19). In addition, the need for social distancing can make it harder to access our normal social supports which can also impact our mental health.

The following website has some helpful resources for managing your mental health during this difficult time. Please take a moment to learn more about strategies to cope with stress and anxiety, and some guidance on when to reach out for help.

If you or a loved one are experiencing a **mental health crisis**, call our local 24/7 Nevada County Crisis Line at (530) 265-5811. <https://mynevadacounty.com/2965/COVID-19-Resources-for-Managing-Mental-H>

For those who are on Medi-Cal or are uninsured and are seeking County behavioral health services, please visit the Nevada County Behavioral Health website. **Services are outlined in both Spanish and English:**
<https://www.mynevadacounty.com/2950/Behavioral-Health-Services-During-Corona>