

Wellness

during the
COVID-19 crisis

5 tips

Have something to
look forward to.

Be Creative.

Create art.

Build with with blocks or LEGOs.

Dance.

Sing.

Start a Gratitude journal.
Write down 3 things you are
grateful for each day.

Exercise.

Stay connected.

Write Letters

Make phone calls

Use social media

(with your parent's permission!)

Resources

Contact your School Counselor:

Mrs. Roundy

385-200-1929 call or text

M-F 9:00 - 12:00

email: melissa.roundy@nebo.edu

Dial 2-1-1

Information on Community Resources

Utah State Crisisline

1.800.273.TALK (8255)

available 24/7



**EMOTIONAL HEALTH
RELIEF HOTLINE**
833.442.2211

CAREGIVERS AVAILABLE 10:00 a.m. – 10:00 p.m.
7 DAYS A WEEK

Intermountain
Healthcare