

Letter to the Editor  
Sheridan County News  
Parenting Resources 4/22/2020

As we all continue to deal with the COVID 19 situation which includes school, parenting, work, the economy, and leisure time, one area of concern is mental health. We are being asked to stay at home as much as possible, practice social distancing and complete school through distance learning. This must seem overwhelming. As a result, we want to offer some possible tools/strategies to help deal with mental health needs.

We are brainstorming ways to help cope with some of the possible mental health stressors during this difficult time. Perhaps support groups could be explored. Are there specific topics that could be covered, and what might be the best way to share this information?

The following is a list of some mental health resources. This list is not all inclusive. If you know of other resources that could be shared, we would welcome you contacting one of us with that information.

**Mental Health Resources**

- Gina Aasheim, LCPC, Turning Leaf Counseling, 765-1277
- Sheri Hilyard, LCSW, LAC, Eastern Montana Community Mental Health, 765-2550
- Debbie Johnson, LCSW, School Psychologist, Sheridan/Daniels County – available for students K-12 in Medicine Lake, Plentywood, Westby and Scobey  
[johnsond@plentywood.k12.mt.us](mailto:johnsond@plentywood.k12.mt.us)
- Alyssa Stromberg, LAC & Prevention Specialist, [ahove@emcmhc.org](mailto:ahove@emcmhc.org) 406-765-2550
- School counselors in the area schools – contact your school
- Warm Line 877-688-3377
- Suicide Hot Line 800-273-8255
- Montana Crisis Text Line Text “MT” to 741-741

**Parenting resources**

- Understood.org
- Parentingmontana.org
- Parentcenterhub.org
- Helpfullinks.org
- Shodor.org/parentsguide/resources.html
- Connectionsacademy.com
- Parenting-ed.org/for-parents
- ThriveforMontana.com

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