

COVID HOW IS IT AFFECTING YOUR STUDENTS?

Coronavirus (COVID-19) can affect children and young people directly and indirectly. Beyond getting sick, many young people's social, emotional, and mental well-being has been impacted by the pandemic.

Here are some warning signs and symptoms to be on the lookout for. Is your student...

- > In bed during class time?
- > Presenting disheveled?
- > In pajamas during class?
- > Presenting tired and disinterested during class?
- > Demonstrating a decline in school work?
- > Demonstrating a decline in attendance/participation?
- > Not turning on camera for class?
- > Demonstrating a change in attitude: moody, irritable, and easily agitated?
- > Exhibiting notable weight gain or loss?
- > Expressing feelings of sadness, guilt, depression, loneliness or anger?
- > Lacking motivation?
- > Struggling with concentrating/focusing?
- > Crying more than usual?
- > Experiencing a loss of interest in activities and interests?



If you are concerned your student is exhibiting one or more of these symptoms, now would be a good time to reach out for some support and counseling. The YMCA is here to help you! We are currently offering in person and telehealth counseling to children and adolescents ages 3 and up at a variety of outpatient and school locations throughout Monmouth, Ocean and Middlesex County.



For additional information and to access services call 732.290.9040 or reach out to your school guidance department.

We accept Medicaid and private insurance from Aetna and Horizon Blue Cross Blue Shield at all of our locations.

YMCA OF GREATER MONMOUTH COUNTY

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121-5534-CSS

Here for all.

Financial assistance is offered based on availability of funds.