

Thank you for your interest in the President's Advisory Council. As follow-up to our live stream event, Back to School Mental Health Readiness for You and Your Kids, we are pleased to share the below resources to support you and your family. Please share these with your friends and family.

### **Ways to get involved with Region Ten**

[Region Ten](#) is offering therapy groups for peer support and telehealth services for youth and adults

### **Ways to get involved with The Women's Initiative**

[The Women's Initiative Groups](#) is offering several virtual programs focused on Mind/Body self-care

[The Women's Initiative](#) has set up a COVID response for mental health services

### **Ways to get involved with the Community Mental Health Wellness Coalition:**

- [The Coalition's Help Happens Here information and referral website](#)
- [Our Facebook page](#)
- [Sign up for our newsletter](#)

### **Resources for parents to get in touch with mental health support (for parents or their children):**

- [VA Copes Warmline](#) is available 7 days per week for anyone to all for (non-crisis) COVID-related stress.
- [Virginia Community Response Network](#), which provides free trauma support for healthcare providers and other essential workers impacted by the pandemic.

Thank you again. Please contact the Martha Jefferson Hospital Foundation at [mjh\\_foundation.org](http://mjh_foundation.org) or 434-654-8258 with questions or to learn more about how you can get involved.