

## ROMA ISD COVID-19 PROTOCOLS

### Mental Health & Social Emotional Support During COVID-19

School Counselors, Licensed Professional Counselors (LPC) and Licensed Specialist in School Psychology (LSSP) are available for students and parents/guardians who have concerns about their children's social, emotional and behavioral needs.

If you have any questions, you may email them from **8:00 a.m. to 4:00 p.m.** Monday through Friday during the COVID 19 Quarantine. If it's an emergency, please call 911.

### ROMA ISD PROTOCOLOS DURANTE EL COVID-19

#### Salud mental y apoyo social y emocional durante COVID-19

Los consejeros escolares, los consejeros profesionales con licencia (LPC) y el especialista con licencia en psicología escolar (LSSP) están disponibles para estudiantes y padres / tutores que tienen preocupaciones sobre las necesidades sociales, emocionales y de comportamiento de sus hijos.

Si tiene alguna pregunta, puede enviarla por correo electrónico de 8:00 a.m. a 4:00 p.m. De lunes a viernes durante la Cuarentena COVID 19. Si es una emergencia, llame al 911.

VER LA LISTA DE CONTACTOS A CONTINUACIÓN:

Need help? Know someone who does?

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others

#### **Emergencies: CALL 911**

- Roma Police Department: (956) 849-2231
- Starr County Sheriff's Dept.: (956) 487-5571
- Border Region Mental Health Crisis Hotline: • 1-800-643-1102
- Border Region Behavioral Health Center • (956)-487-3748

- 24-Hour Suicide Prevention Hotline • 1-800-422-7558
- Suicide Prevention Life Line 1-800-273-4747
- Trevor's 24 hour Gay & Lesbian lifeline • 1-866-488-7386
- Child Protective Services 1-800-252-5400
- Starr County Child Protective Services Office (956) 487-2537

***If stress gets in the way of your daily activities for several days in a row, call your healthcare provider.***

**SEE CONTACT LIST BELOW:**

**DISTRICT LPC:**

Leticia Lopez, LPC <lglopez@romaisd.com

Lorenza Trevino, LPC <ltrevino2@romaisd.com

**DISTRICT LSSP:**

Gaby Rosa" <groa1@romaisd.com

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**INSTRUCTIONAL AND GUIDANCE CENTER:**

Selma Cantu <scantu@romaisd.com

**ELEMENTARY SCHOOL COUNSELORS:**

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