ComPsych
GuidanceResources® Worldwide

must
MONTANA UNIFIED SCHOOL TRUST

Back to School Resources
COVID-19

The beginning of the school year has left many parents scrambling to understand how to keep their students safe while also balancing work and household demands. The following information offers the latest back-to-school guidance from the Centers for Disease Control, as well as guidance on navigating the transition and dealing with the emotional impacts of the outbreak. Keep in mind that your GuidanceResources program is available to you and your employees 24 hours a day, seven days a week to assist with virtually any issue.

Coronavirus Webinars

These trainings can help those dealing with uncertainty amid the COVID-19 outbreak and those navigating transitions during challenging times.

ACCESS

Back to School Resources

This guidance from the CDC and the American Academy of Pediatrics can help promote a safe and healthy return to school for students of all ages.

DOWNLOAD

Back to School Flyer

Get tips and suggestions for a successful transition back to school and how your Employee Assistance Program can help.

DOWNLOAD

Resiliency Resources

Stress and anxiety are normal reactions to current events. These materials explain how to keep those emotions in check.

DOWNLOAD

Finding Balance

With the school year starting up again, parents may find themselves torn between the demands of parenting and work. This interactive feature can help explain how to balance those demands.

BEGIN

Navigating Life at Home

With many school districts opting for partial or full-time remote instruction again this fall, learning to live together while being productive employees and students will continue to be a challenge. This guide can help.

DOWNLOAD

COVID-19 Resources

GuidanceResources Online offers up-to-date information about the coronavirus outbreak and guidance on dealing with the logistical and emotional impacts.

ACCESS

A Relaxation Break

Offer this interactive experience to employees who are feeling stressed about recent events.

WATCH