

Ontario Middle School

STUDENT RESOURCES

These are challenging times and all of us are dealing with it differently. We want to reach out to you to let you know we are thinking of you and we care about you. Here is a list of resources that might be of use, whether you, your family or someone you care about is having a tough time. Some folks are struggling with isolation and mental health, others are experiencing financial strain within their families and other stresses related to COVID-19, and some might be dealing with all of the above. Please reach out if this is you!

Mental Health

Crisis Line 419-522-HELP (4357)

Warm Line if you just need to talk to someone 419-522-5300

Crisis Text Line text "4HOPE" to 741741

Family Resources

First Call 211 dial 2-1-1 or call 419-522-4636 provides information about local and financial resources

Richland County Children & Family Assistance Line 567-333-8455



We want you to work on academics, but taking care of yourself and your family should be your top priority. Are you doing things daily to cope in a healthy way? Are you eating healthy most of the time? Are you sleeping okay? Are you getting exercise? All of these things have a big impact on your physical and mental health. Here are a list of things you could try if you are struggling: text a friend, watch a movie, play a board game or work on a puzzle, go for a walk, do something creative like paint or draw, write in a journal, exercise, go outside and get fresh air, listen to music, read a book. Don't be afraid to talk to someone and let them know how you are feeling.

Please reach out if we can be of help in any way!

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