



Mental Health Matters

Mishawaka Schools confronted unprecedented challenges this year as we moved to provide support for teachers and students' educational needs amidst great uncertainty. The pandemic itself has caused much anxiety, stress, and depression.

Our social workers and school counselors have been identifying and supporting students who are potentially at risk for emotional/behavioral issues or whose existing mental health challenges have worsened this year.

Our children's mental health struggles may continue even after things feel more "normal." British researchers recently calculated, that based on historical evidence,

"Children and adolescents are probably more likely to experience high rates of depression and most likely anxiety during and after enforced isolation ends," for up to nine years.

**These emotional needs
will not disappear.**



Should you have any questions about community resources and/or are unsure about your child's mental health during summer break, SCM has a dedicated support hotline, which will be managed by one of our clinical social workers. They will be available for phone consultation from 11 am to 7 pm, 7 days a week.

For assistance: **574-254-7711**

Summer break is days away, and we want to make you aware of community mental health and community support agencies that are either, no cost, low cost and/or accept private insurance and Medicaid:

Oaklawn Psychiatric Center

Provides both outpatient and inpatient mental health services.
24/7 South Bend Access Center 574-283-1234
415 East Madison Street, South Bend, IN

Center for Hospice

Provides individual, and group therapy for Individuals dealing with loss.
800-413-9083 or 574-243-3100
01 Comfort Place, Mishawaka, IN

Michiana Behavioral Health

Provides child and Adolescent inpatient mental health Services.
24/7 Assessment & Referral 800-795-6252 or 574-936-3784
1800 North Oak Dr., Plymouth, IN

Memorial Epworth

Provides Adolescent inpatient health services.
24/7 Admissions 574.647.8400
420 North Niles Ave., South Bend, IN

SCAN- Community Partners

Offers parents in our community help with situations that are interfering with their ability to manage their families. No Cost.
1-800-752-7116

Mishawaka Food Pantry

Provides individuals with food, clothing, hot lunches.
574.220.6213
315 Lincolnway West, Mishawaka, IN

KROC Center

Provides utility assistance, financial assistance and food pantry services.
Membership to KROC Center is NOT required.
The Family Resource Center 574.233.9471 ext. 2205