

Region 12 Resources

Crisis Text Line

If you or your student are feeling anxious about the current COVID-19 quarantine, **Text HOME to 741741** to connect with a Crisis Counselor.

Crisis Websites Links

[Reduce Student Anxiety \(and Your Own\) During Uncertain Times](#)

[Managing Stress and Anxiety during COVID-19 \(CDC\)](#)

[Talking to Kids About the Coronavirus](#)

Navarro County Website Links

[Stay At Home Guide For Families](#)