

WISD EDUCATOR WELLNESS RESOURCE CENTER



**STUDENT SUPPORT SERVICES
DEPARTMENT**



ABOUT THE RESOURCE CENTER

The **WISD Educator Wellness Resource Center** is available for all employees designed to provide information that will enrich their physical, mental, emotional, and occupational well-being. Wellness is the process through which people become aware of, and make choices toward, a more successful existence.

The COVID-19 pandemic has changed the field of education and affected our schools in different ways. Our staff, students, and families have experienced difficult times. From the sudden closing of school buildings, to the complete restructuring of our educational system, to the unrest, stress, and emotional toll of re-imagining our work while caring for our families. And, all the while, each of us is trying to make sure we, and those we love, stay emotionally, mentally, and physically healthy and safe. Unfortunately, over the course of the COVID-19 pandemic, many students have been at higher risk of exposure to additional trauma and stress, and as we all head back to school, whether in-person or virtually, there are tremendous needs related to health and safety.

Supporting mental health, emotional wellbeing, and teaching and learning is essential at this time. That is why WISD has launched the **WISD Educator Wellness Resource Center** designed to connect you with relevant information that can help you address the emotional needs of your students—but also yourself, your colleagues, and students' families. We have staff members that are available to meet with you and provide you with necessary support.

Educators mental health and wellness is correlated with student wellness and overall achievement. Focusing on your own wellness is just as important as the skills and strategies you use to help your students.



The Texas Education Agency has launched Project Restore. This is a trauma-informed series of videos, which are designed to help educators connect to relevant science and strategies that can help us address our own emotional needs as well as the needs of our students and colleagues.

[Click here to access Project Restore](#)

Empowering our educators!

At WISD, it has always been our commitment to keep children, staff, and families safe while providing the best, well-rounded educational experience. We have always been in the forefront of education. We are here to help you, your families and your colleagues. Let's work together and continue to make Weslaco ISD Strong!

RESOURCES FOR TEACHERS AND STAFF

Times are challenging for teachers and staff. You are playing the role of an educator but also of a listener, caretaker, and leaders. We have compiled a list of quick resources, articles, and more to help you unwind, teach, and explore mental health and wellness in the time of COVID-19.

[Mental Health Texas](#)

[Taking Care of Your Emotional Health](#)

[Healthy-Related Quality of Life](#)

[Professional Quality of Life](#)

[Educator Resilience and Trauma-Informed Self-Care](#)

[Self-Care During COVID-19](#)

[COVID-19 Mental & Behavioral Health Grief and Trauma](#)

[Secondary Traumatic Stress](#)

[Compassion Fatigue](#)

[Support for Teachers Affected by Trauma](#)

[Teacher Self-Care Activities](#)

[Compassionate Resilience](#)

[TEA Mental Health & Behavioral Health](#)

[Teacher Strength and Health](#)

[What is Mental Health?](#)

[A Guide to Mental Illness](#)

[Coping with Stress During Infectious Disease Outbreak](#)

[Coping with Stress](#)

[Employee Information During COVID19](#)

[Coping Skills Checklist](#)

10 MENTAL HEALTH TIPS
FOR TEACHERS AND
STAFF DURING THE
COVID-19 PANDEMIC

Ask an expert! Knowledge is power.

*just
breathe*

COMMUNITY MENTAL HEALTH AGENCIES

2215 W. Bus. 83 Wesalco, TX 956.520.8800

TROPICAL TEXAS BEHAVIORAL HEALTH

Private Insurance, Sliding Scale Private Pay, Medicaid,
CHIPS,

723 S. Airport Wesalco, TX 956.472.9234

HILL LIVING COUNSELING SERVICES

Private Pay, Medicaid, CHIPS,

144 N. Texas Wesalco, TX 956.435.1551

MIND MATTERS

Private Pay, Medicaid,

1009 S. Utah Weslaco, TX 956.520.87004

THE COUNSELING CENTER

Tricare, Private Insurance and Medicaid,,

www.counseling@utrgv.edu 956.984.6000

UTRGV COUNSELING CENTER

FREE SERVICES FOR STUDENTS AND STAFF

260 S. Texas Blvd. Weslaco, TX 956.532.5506

CREATIVE BEING

Private Pay, United HealthCare, Molina Healthcare,
CHIPS, Driscoll, Superior, BCBS

2300 W. Exp. La Feria, TX 956.458.9742

MESQUITE TREATMENT CENTER

Medicaid,,

402 Nebraska Weslaco, TX 956.4314.0794

POSITIVE AWAKENINGS COUNSELING CENTER

Private Pay and Medicaid,,

3501 Moreland Dr. Ste. C Wesalco, TX 956.532.5506

DEVINCO COUNSELING SERVICES

Private Pay, Medicaid, CHIPS, Sliding Fee Scale

**PLEASE CONTACT THE STAFF AT STUDENT SUPPORT SERVICES FOR MORE
INFORMATION AT 956.969.6637**