



BISD Counseling Services Department

The health and safety of our BISD family is the top priority of BISD Counseling Services. Understanding that this may be an anxious and stressful time for our students, families, and staff, we have compiled the following resource information to assist you in dealing with the uncertainty of the continuing spread of the coronavirus (COVID-19) and the cancellation of school and other events.

Please keep in mind that kids are struggling during this time and may not fully understand the seriousness of the situation or how to verbalize how they are feeling. Our counselors are available Monday–Friday from 8 a.m. to 4 p.m. Resources are also available on our website to assist families.

The Counseling Services Department will be providing distance counseling through emails, Google Voice, Zoom, and other District communication platforms. Because school counselors do not provide on-going therapy, they are available to provide resources or review with you the list of available resources on our website.

We are continuously reviewing and updating resources to share with you for outside mental health services, and services designed to support the social/emotional and physical well-being of our students and families.

Additional Resources:

- [Trauma-Informed Approach to Teaching During Coronavirus](#)
- [Corona Schooling](#)
- [Activities for Teens](#)

Distance Counseling – Counselor Directory

https://docs.google.com/spreadsheets/d/1D43TP7GzO_iMUhSAm5OLZrfOW_Oe7KYltKglb-EDJs0/edit#gid=0

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