

Mental Health and COVID-19



Tanager Place continues to partner with the Mount Vernon school district to provide for the mental health needs of students and their families. During this national crisis and time of great uncertainty, students and families may be experiencing intense feelings of anxiety, sadness, anger, fear, or loneliness. They also may be experiencing an increase or onset of symptoms of mental health challenges such as changes in behavior, mood, sleep, diet, and attention, among other disruptions in daily functioning.

If you or your children are experiencing challenges during these difficult times, Tanager Place is here to support you. Our programs offer therapy, medication management, Behavioral Health Intervention Services (BHIS) and Pediatric Integrated Health (PIH). At this time, all of our services are available to children and families through the following options:

- Teletherapy (visual)
- Telephone
- In office, located at 1030 5<sup>th</sup> Ave SE in Cedar Rapids
  - We are following comprehensive measures recommended by trusted experts to ensure in person services remain safe for all involved.

If you are interested in services for your child, family, or yourself, please feel free to reach us at 319-286-4545 or email us at [schoolbasedsup@tanagerplace.org](mailto:schoolbasedsup@tanagerplace.org).

Tanager Place continues to work hard to serve the Mount Vernon school district. We are honored and proud to be part of the Mustang team.

*Tanager Place*