



MAINE COUNSELING ASSOCIATION

A State Branch of the American Counseling Association

March 19, 2020

Dear colleagues,

The Maine Counseling Association wants to support our membership in carrying out our professional responsibilities in our various settings during the current unprecedented and stressful circumstances we, our clients and students, and families are experiencing in response to the COVID-19 pandemic. To that end, we have compiled resources which might assist in providing services during remote learning, telehealth, or other situations related to social distancing, working from home, or shutdown conditions. This is not intended to be an exhaustive list, merely a contribution to efforts made by many; further, **please feel free to contact us with recommendations of additional suggested resources you suggest we share with our counseling community.**

American Counseling Association COVID-19 Related Resources

Includes information on self-care, working with clients, telehealth, and links to other resources (click [here](#)). A message from ACA leadership is [here](#).

Maine DOE has set up virtual content meetings, including one with Bear Shea focusing on Student Mental Health and Wellness and another entitled School Counseling and School Social Work; the home page for content meetings may be reached by clicking [here](#).

Helping Children Cope with Emergencies, (English and Spanish) Centers for Disease Control and Prevention, click [here](#).

American School Counselor Association has collated a list of resource links helpful to counselors and others working in school settings, found [here](#).

NPR has disseminated a “Covid Comic” to aid parents in explaining the virus to young children, view it [here](#).

The American Mental Health Counselors Association provides detailed information regarding provision of telehealth services and mental health counseling [here](#).

It is vital we stick together moving forward, to support each other as we continue to help our clients and students, in a situation when many of the ways we rely on to stay connected and close are denied us. Despite not having many of these opportunities (including our annual conference), MeCA will continue to reach out through our social media presence, website, and via email to offer what support we may. Take care of yourselves, and keep in touch.

Warmest regards,

Wendy Bradstreet

Wendy Bradstreet, President
Maine Counseling Association