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Town of Norwood

Tony Mazzucco,

General Manager

566 Washington Street
Norwood, MA 02062



FOR IMMEDIATE RELEASE

Monday, April 20, 2020

Contact: Benjamin Paulin
Phone: 781-428-3299
Email: ben@jgpr.net

Town of Norwood Announces Mental Health Resources Available Through Impact Norwood

Impact Norwood Prevention Coalition Home About What is Prevention? Youth Voices Partners Resources Get Involved

Resources for Coping with COVID-19

IMPACT NORWOOD COVID-19 RESOURCE TOOLKIT NOW AVAILABLE HERE!

FOR EVERYONE	FOR TEENS	FOR FAMILIES	FOR EDUCATION
			

Impact Norwood has developed a comprehensive online toolkit to provide the

community with trusted, reliable resources to help residents cope with the COVID-19 pandemic. (Image courtesy Town of Norwood)

NORWOOD — General Manager Tony Mazzucco and Public Health Director Sigalle Reiss wish to share with the residents of Norwood the following information on mental health resources that are available during the ongoing COVID-19 pandemic, through Impact Norwood.

The Impact Norwood Substance Use Prevention Coalition strives to create a healthy community for all Norwood residents. During the COVID-19 pandemic, residents of all ages are not just experiencing the physical toll of the virus, but the mental health implications that come with it — from social isolation and grief, to coping with uncertainty and losing one's sense of control.

“Impact Norwood will be here every step of the way to help all Norwood residents through this difficult time,” said Impact Norwood Program Director Aubrey Ciol. “As a community, we are all in this together.”

Impact Norwood has developed a comprehensive toolkit to provide the community with trusted, reliable resources to help residents cope with the toll this pandemic is taking on our mental health.

The toolkit can be downloaded [here](#).

The coalition is also working with mental health specialists to provide the community with live, virtual events. On Thursday, April 30, Impact Norwood is hosting a webinar with guest speaker Jon Mattleman titled, “Teens, Tweens and Quarantines.” This event is geared towards parents and guardians with a teen or tween to help them understand the impact COVID-19 can have on adolescents.

Information about the event, and a registration link, can be found [here](#).

Impact Norwood has also purchased a subscription for an online course developed by Ivy Watts, Mental Health Empowerment Speaker and former Div. II track and field athlete, titled, “Mental Health Support For Students & Athletes During COVID-19 And Beyond.” The videos, audio, and written content that fill these modules aim to help youth cope with the loss they might be feeling, and provide them with tools and tips to practice mental wellness, self-care, and self-love during this tough time, and beyond.

Students interested in utilizing this resource can email Aubrey Ciol at aciol@norwoodma.gov to get information on how to access the course for free.

“This pandemic has been difficult on all of us, including our younger residents,” said Director Reiss. “We are grateful to Impact Norwood for all of the work they have done organizing and providing these valuable resources for residents of all ages in the Town of Norwood, and we encourage everyone to take advantage of them.”

For more information on Impact Norwood, visit impactnorwood.org.

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