

WEST ORANGE PUBLIC SCHOOLS
SCHOOL COUNSELING DEPARTMENT

During the closure of schools due to the health emergency, the West Orange Public Schools/School Counseling Department will be operating virtually. School counselors and Student Assistance Counselors (SACs) are available through email and virtual meetings (e.g., Google Hangouts/Conference). School counselors and Student Assistance Counselors (SACs) will be checking their voicemails and email from home daily. Email is the best avenue to reach the school counselor. To schedule an appointment, students and parents may email the school counselor directly to find a mutually agreed upon date/time.

Refer to the [E-Learning Site](#) for each school for specific contact information and resources.

OFFICE HOURS:

West Orange High School Monday - Friday from 7:20 AM - 2:15 PM

Liberty and Roosevelt - Monday - Friday from 8 AM - 2:53 PM

Edison - Monday - Friday from 8 AM - 2:53 PM

Elementary Schools - Monday - Friday from 8:45 AM - 3:23 PM

Emails/inquiries received after school hours will be answered during the next business day.

If you or someone you know is in crisis or experiencing a life-threatening emergency dial 911. An emergency is considered to be any serious and sudden medical, emotional, or behavioral health situation that, if not given immediate professional attention, could lead to you being severely harmed or possibly harming someone else.

Resources For Immediate Response

[Disaster Distress Helpline](#)

Call 1-800-985-5990 or text TalkWithUs to 66746. The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.

[Crisis Text Line](#)

Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.

[The Trevor Project](#)

Call 1-866-488-7386 or text START to 678678. A national 24-hour, toll-free confidential suicide hotline for LGBTQ youth.

Dial 2-1-1

If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit 211.org or dial 211 to speak to someone who can help. Run by the United Way.

National Domestic Violence Hotline

For any victims and survivors who need support, call 1-800-799-7233 or 1-800-799-7233 for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.

State/National Resources

[NJ Hope Line](#) for suicide prevention, available at 1-855-654-6735.

[PerformCare](#) partners with the New Jersey Children's System of Care (CSOC) to coordinate the care of your child. New Jersey Children's System of Care addresses behavioral, mental health, or emotional challenges and provides access to needed services. The contact number is 1-877-652-7624.

- **Mobile response stabilization services (MRSS)-** PerformCare also has options to authorize mobile response stabilization services (MRSS) to come to your home within one hour of notification to provide face-to-face crisis services. The goal is to stabilize behavior and keep your child at home. Mobile response is available 24 hours a day, seven days a week, and can offer up to eight weeks of stabilization services.

The [NJHelps](#) Services Home Page is designed to give consumers a “one-stop” shopping resource for the wide range of programs, information, and services provided by the Department of Human Services and its partners, to assist individuals, families, and communities throughout the State of New Jersey.

The [Rutgers University Behavioral Health Care](#) has a center that connects callers to the appropriate division of statewide behavioral health services system at 1-800-969-5300.

The [Substance Abuse and Mental Health Services Administration](#) (SAMHSA) has a national helpline at 1-800-985-5990, or text officials there at TalkWithUs to 66746 (TTY 1-800-846-8517).

[Crisis Text Line](#): Free text line, 24/7 support for those in crisis. Text HOME to 741741

[2nd Floor Youth Helpline of NJ](#) - CALL 888-222-2228 a confidential and anonymous helpline for New Jersey's youth and young adults. They are available 24/7.

Tips for Taking Care of Your Mental Health During Coronavirus Closures

- Take breaks from watching, reading, or listening to social media and news stories about COVID-19. It's okay to stay informed, but overexposing ourselves to too much information can be stressful and overwhelming.
- Make sure you are still taking care of your body! Getting enough sleep, eating healthy, and making sure we are still moving around can help us take care of our mental health. Some ideas to consider:
 - Practice mindfulness and/or meditation.
 - Make sure to get some fresh air and sunlight, maybe sit by a window while doing homework/or reading, do a quick workout in your own yard, etc.
 - Use home workout videos to keep moving and exercising.
 - Find some healthy recipes and try your hand at cooking, not only are you fueling your body with healthy food, but it could also be a fun experience!
- Make time to connect with others who live in your home or with friends through phone calls or video chats. Talk with people you trust about your concerns and how you are feeling.
- Practice hobbies and activities you enjoy. It's important to keep up on school and work, but fun and enjoyment are also factors that promote positive mental health. This could also be a good time to try something you've never had the time to do. Sites like Youtube have plenty of free how-to videos that can help you learn new skills, such as new dance moves, cooking techniques, or how to crochet.

Additional Resources

[Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#) (SAMHSA)

[Care for Your Coronavirus Anxiety](#)

[Helping Children Cope with Emergencies](#)

[Children and Youth with Special Healthcare Needs in Emergencies](#)

[10 Things To Do With Your Teens While 'Social Distancing' During the COVID-19 Pandemic](#)