## Resources for Students and Parents

Thank you for viewing our presentation.

The information below covers both school-bases and outside services that can be beneficial if your child needs assistance. If you have any questions or concerns, please reach out to your child's school counselor, Student Assistance Counselor, or Wellness Counselor.

## I. School-Based Resources - connect with your Clearview School Counselors.

Below is a list of the counselors at Clearview High School. We are here to help in any way possible so please reach out to your child's counselor with any concerns.

Mrs. Donnelly Grade 12= A - C, Grades 9 - 11 = A-Cl

Ms. Wraga Grade 12 = D-He, Grades 10-11 = Co-He, Grade 9 = Co-Go

Mr. Terry Grade 12 = L, Y, Z, Grades 9 - 11 = L

Dr. Moraca - Grades 10-12 = Hi - K & M - Mi; Grade 9 = Gr - K & M - Mi

Mrs. Hornung - Grades 10-12 = Mo-Sa; Grade 9 = Mo-Sp

Ms. Marandola -Grade 12 =Sc-X,Grades 10-11 = Sc-Z; Grade 9 = St=Z

Mrs. Jessica Datz (SAC) - x2757 (Can work with students in grades 7-12) What is a SAC?

II. Outside Resource -Perform Care - please see attached document that details Perform Care. I've also created a video that outlines how Perform Care can help your child. They can assist with in-home or outpatient counseling for your child. This is a free resource and often the first option school counselors recommend to parents.

NJ Children's System of Care Flyer - About

<u>Perform Care for Parents Video .mp4</u> -- Video overview of Perform Care <u>Mobile Response Services</u> - helpful service that can come out to house within 24hrs

## III. Outside Hotlines/Text Lines: 24 hrs a day, 7 days a week

- 2nd Floor Hotline: If you are between the ages of 10 and 24, live in New Jersey, and need to talk about an issue or problem that you are facing, call 888-222-2228 anytime or text us at 888-222-2228.
- **National Suicide Prevention Lifeline** -We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. **Call 988**
- Crisis Text Line: Text HOME to 741741 to connect with a Crisis Counselor -A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis

Counselor will help you move from a hot moment to a cool moment.

IV. SAC Website - Please check Mrs. Datz's website for information on Mental Health Resources, Coping Skills, Crisis Situations, Substance Use Resources, Grief Support, Harassment, Intimidation, and Bullying, etc.

SAC website: **CRHS SAC** 

Follow me on Twitter - @ViewHealthy