

The best way to reach **Shara Settle**, your professional school counselor, is shara.settle@dpsnc.net or 704-981-1440 Mon-Fri from 8:30am-3pm

In case of an emergency call 911.

Durham Public Schools and Durham County Resources

- ❖ [See Something Say Something](#) allows 6th-12th graders to report secure & anonymous safety concerns to help identify and intervene with at-risk individuals BEFORE they hurt themselves or others.
- ❖ **Carolina Outreach Behavioral Health Urgent Care 919-251-9009** provides care for immediate mental health needs, including medication bridges, safety assessments, and crisis counseling.
- ❖ **Freedom House 24/7 Mobile Crisis Team 1-866-275-9552** can come to students and staff homes or other locations and guide them safely through a mental health or substance abuse crisis.
- ❖ **El Futuro Durham 919-688-7101** provides culturally responsive mental health care for the Spanish speaking community.
- ❖ **Alliance Health 800-510-9132** provides 24-hour access to a licensed clinician who will assist you in finding the right kind of help. [Taking Care of Your Emotional Health](#)
- ❖ **Duke Child and Family Study Center Triage Line 919-385-3232** houses several different programs and clinics that specialize in a variety of mental health needs.
- ❖ **Center for Child & Family Health Teletherapy Referrals** <http://www.tinyurl.com/ccfhreferral> specializes in the care of those experiencing childhood trauma.

Statewide and National Resources

- ❖ **US Committee for Refugee and Immigrants 919-334-0072** offers a wide range of services for the immigrant community.
- ❖ **Crisis Textline** Text **HOME** to **741741** to connect with a crisis counselor 24/7.
- ❖ [SAMHSA](#) (**Substance Abuse and Mental Health Services Administration**) **800-985-5990** provides 24/7 crisis counseling for people experiencing emotional distress.
- ❖ **Hope4NC** 24/7 helpline **855-587-3463** to connect North Carolinians to mental health support
- ❖ **Hope4Healers** 24/7 helpline **919-226-2002** for first responders, health care workers, and others on the front lines of COVID-19
- ❖ **National Suicide Prevention Lifeline 1-800-273-TALK(8255)**

Just want to know more?

- ❖ DPS [Social-Emotional Learning and Responsible Decision-Making Activities](#)
- ❖ [Dealing with Coronavirus Anxiety](#), Psychology Today
- ❖ [Resources in Spanish for Dealing with the COVID-19 Pandemic](#)