

## Mental Health Resources

Elementary	Middle School		High School	
Counselor: Kristina Unger,	Grades 5th & 7th Mr. Jeremy Freeman	Grades 6th & 8th Mrs. Alycia Fairchild	Jason Bartholomew	Mrs. Kim Gobble
570-784-2850 ext.1128 <a href="mailto:kunger@ccsd.cc">kunger@ccsd.cc</a> .	570-784-2850 ext.2413 <a href="mailto:jfreeman@ccsd.cc">jfreeman@ccsd.cc</a>	570-784-2850 ext.2414 <a href="mailto:kgobble@ccsd.cc">kgobble@ccsd.cc</a>	570-784-2850 ext.3124 <a href="mailto:jbartholo@ccsd.cc">jbartholo@ccsd.cc</a>	570-784-2850 ext.3124 <a href="mailto:afairchil@ccsd.cc">afairchil@ccsd.cc</a>

### **District Contacts:**

Jen Haubert (School Social Worker) 570-784-2850 ext.3121 [jhaubert@ccsd.cc](mailto:jhaubert@ccsd.cc)

Jim Murtin (High School Student Assistance Coordinator) 570-784-2850 ext.3122 [jmurtin@ccsd.cc](mailto:jmurtin@ccsd.cc)

### **Crisis Resources:**

National Suicide Prevention Lifeline: 1-800-273-8255

Crisis Text Line: Text 'Help' to 741741

Columbia County Residents Local Crisis Line: 1-800-222-9016

Columbia County Children and Youth: 570-389-5700

The Women's Center, Bloomsburg (570) 784-6632 <http://thewomenscenterinc.org/>

### **Additional Resources:**

- CDC's "[Manage Anxiety and Stress](#)" page provides what stress can look like and tips to manage that stress.
- The National Child Traumatic Stress Network has a [guide](#) for parents and caregivers to help families cope with the Coronavirus Disease 2019 (COVID-19)
- Mental Health America has compiled a range of resources and information on their "[Mental Health and COVID-19](#)" page.
- SAMHSA's "[Coping With Stress During Infectious Disease Outbreaks](#)" page outlines the signs of stress and steps you can take to alleviate stress.
- SAMHSA's "[Taking Care of Your Behavioral Health](#)" page provides tips for social distancing, quarantine and isolation during an infectious disease outbreak.
- SAMHSA's "[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)" page provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak.
- Vibrant Emotional Health's [Safe Space](#) provides interactive coping tools to help users when they need it.
- If you feel you or someone you know may need emotional support, please visit the Lifeline's website at [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org) for helpful resources or call 1-800-273-TALK (8255). The Lifeline is free, confidential, and available to everyone in the U.S. You do not have to be suicidal to call the Lifeline.
- The NYS Office of Mental Health's "[Managing Anxiety in an Anxiety Provoking Situation](#)" resource page provides tips for all on how to manage anxiety surrounding the COVID-19 outbreak.
- If you're worried that someone in your life may be suicidal, you can use the Lifeline's [5 steps to help someone that may be in suicidal crisis](#).
- PA Department of Education has a list of [suicide awareness/ prevention education resources](#) for students, parents, and schools.
- The PA Parent and Family Alliance has compiled [useful resources for families and providers across the state](#). Currently the list has over 200 resources in areas such as education, mental wellness, work, necessary services, art, relaxation, and much more.

## **It's Okay to Ask for Help.**

### **Crisis Resources:**

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Crisis Text Line: Text 'Help' to 741741

Columbia County Residents Local Crisis Line: 1-800-222-9016

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### **Dating Violence/Domestic Violence Resources:**

National Domestic Violence Helpline: 1-800-799-7233

National Sexual Assault Helpline: 1-800-656-4673

National Teen Dating Abuse Helpline: 1-866-331-9474

Teen Dating Abuse Text: Text "loveis" to 22522

[www.loveisrespect.org](http://www.loveisrespect.org)

### **Drug and Alcohol Abuse Resources:**

PA Drug and Alcohol Helpline: 1-800-662-HELP

Columbia County Residents Local Helpline: 570-275-4962

### **Other Resources:**

LGBTQ+ Youth Hotline: 1-800-246-7743

National Eating Disorders Hotline: 1-800-931-2237

National Alliance on Mental Health: 1-800-950-6264

Teen Line: 1-800-852-8336 or Text 'Teen' to 839863

[www.teenlineonline.org](http://www.teenlineonline.org)

[www.walkinourshoes.org](http://www.walkinourshoes.org)

[www.teencentral.com](http://www.teencentral.com)

**If you are experiencing an emergency, dial 911 or go directly to your local Emergency Room.**

**Columbia County Children and Youth** 570-389-5700

**The Women's Center**, Bloomsburg (570) 784-6632 <http://thewomenscenterinc.org/>

**Beyond Violence**, Berwick (570) 759-0298 <http://www.beyondviolenceberwick.com/>

**Agape** 570-317-2210. Fresh Express program is Thursdays from 11am-4pm

**The Columbia County Food Pantry** (at Agape) is the 3rd Friday of each month 9am-12.

**The Bloomsburg Food Cupboard** is Tuesdays 12:30pm-2:30pm and Sundays 9:15-10:15

329 Center Street, Bloomsburg (proof of residency in CCSD is required)

**JP's Deli** on Old Berwick Rd. in Espy is serving lunch Monday-Friday, to children through their take out window. It begins Monday, March 23rd between the hours of 11am-1pm and goes until further notice.