

CCS Counseling Department Resource List (Updated 1/21/21)

During the 2019-2020 school year we shared a variety of local and national resources with you. This is a reminder of those resources. We have now made them available to you in one place so you can easily reference them. You may also dial 2-1-1 for assistance in locating resources.

MENTAL HEALTH & WELLNESS:

At School:

Through community partnerships we continue to offer services with the following agencies in our building with the following organizations:



Transitional Living Services of NNY Behavioral Health & Wellness Center:
If you are not currently enrolled and would like to refer your child(ren) please complete this [form](#).
Office Phone Number: 315.376.5450



Northern Regional Center for Independent Living (NRCIL):
Office Phone Number: 315.836.3735

Local Crisis Support:

Jefferson County Crisis Response Hotline:

Phone Number: 315.782.2327 (24 hours)

Lewis County Crisis Response:

Phone Number: 315.376.5450, after hours 315.405.0696

National Resources:

Crisis Text Line

Text HOME to 741741 or access from their [website](#).

CRISIS TEXT LINE |

Emotional Support Helpline

The Office of Mental Health has established the Emotional Support Helpline, which provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Helpline is staffed by volunteers, including mental health professionals, who have received training in crisis counseling. The Helpline operates from 8AM to 10PM, 7-days a week, and the number is 1.844.863.9314. You may also access from their [website](#). Finally, click [here](#) for additional COVID-19 resources.



Headspace

Headspace has partnered with Governor Cuomo to provide a special New York collection of meditation, sleep, and movement exercises to provide support during these difficult times. Click [here](#) to access the collection.



The Child Mind Institute

If you click [here](#) you can explore the "For Families" page. There is a variety of topics to explore from building Confidence and Self-Esteem to Stress and Resilience.



Virtual Wellness Room

We all have mental health, just like we all have physical health. In the same way we can practice healthy lifestyle choices that maintain our physical health, we can engage in self-care strategies that help us manage uncomfortable emotions and daily stressors, and support our emotional wellness. These strategies are most effective when practiced regularly. The School Mental Health Resource and Training Center has provided a variety of activities and resources to meet your individual needs and interests – mindfulness, movement and creative expression. We hope you find something that works for you! Click [here](#) to access the virtual wellness room.

FOOD &



NUTRITION

School Resources:

CCS Backpack Program

Food is sent home with students each Friday. For more information click [here](#). To enroll please complete this quick [form](#).

Local Resources:

Jefferson County:

Watertown Urban Mission

The Watertown Urban Mission is continuing to serve Jefferson County residents through the Food Pantry Monday-Friday from 9:30 to 4:00, and Saturday from 9:30-1:30. The food pantry is open to all Jefferson County Residents, but if you are outside of the county lines and you find you have a need, please call 315.782.8440.

Carthage

The Carthage Food Pantry is located at 495 S. Washington Street. The hours are Monday 9:00a - 12:00p and Friday 12:00p - 4:00p. At this time only one person is permitted inside the pantry at this time. For questions please call 315.493.1341.

Lewis County:

Lowville

The Lowville Food Pantry site is located at 7646 Forrest Ave. They do not have open hours during this Covid-19 crisis time. You must call 315.376.7431 to schedule a time for pick up. More information may also be found [here](#).

Copenhagen

St. Mary's Church in Copenhagen is open the 3rd Wednesday of each month between 4:30pm and 6:30pm. You may stop in for assistance during those times.

National Resources:

SNAP:

The Supplemental Nutrition Assistance Program issues electronic benefits that can be used like cash to purchase food (food stamps). You may apply online [here](#) or call Jefferson County: 315.785.3000 OR Lewis County: 315.376.5400 for someone to assist you in the application process. Additional COVID-19 benefit information can be found [here](#).



SAFETY & CHILD WELFARE

Local Resources:

Jefferson County:

Sheriff's Office

Phone Number: 315.786.2700

Lewis County:

Sheriff's Office

Phone Number: 315.376.3511

National Resources:

Office of Children and Family Services Child Abuse Hotline

1.800.342.3720. For more information about Child Abuse and Maltreatment please click [here](#).



HOME ENERGY ASSISTANCE

National Resources:

Home Energy Assistance Program (HEAP)

Heating needs including: Regular, Emergency, Equipment Repair and Replacement, & Clean & Tunes and also cooling needs including: Air Conditioning and/or fans.

For more information on the HEAP Program click [here](#) (Please Note: The 2020-2021 HEAP Program Opened on 11/02/2020). Apply online [here](#) or contact your local office from the information listed below:

Jefferson County: Phone Number: 315.785.3000 and more information can be found [here](#)

Lewis County: Phone Number: 315.376.5400 and more information can be found [here](#).

Temporary
and Disability
Assistance



HEALTH INSURANCE

National Resources:

New York State of Health

If you are under the age of 65, you may apply for health insurance. Call 1.855.355.5777.

