

Mental Health

SLCS recognizes that this is a very stressful time for students and families. We understand the lack of a daily trip to school for social interaction along with academic instruction can be stressful and confusing for students. Below are several options for families to receive support during this unprecedented event:

Mental Health Support/ Talk Lines:

1. The Department of Human Services (DHS) statewide Support & Referral Helpline. This helpline is staffed by skilled and compassionate staff who will be available 24/7 to assist Pennsylvanians struggling with anxiety and other challenging emotions due to the COVID-19 emergency and refer them to community-based resources that can further help to meet individual needs.
2. The toll-free, round-the-clock support line is officially operational. The number to call is 1-855-284-2494. For TTY, dial 724-631-5600.
3. Disaster Distress Helpline: 1-800-985-5990
4. NAMI Bucks County- offering Online Support Groups for adults and adolescents with mental health needs and their families. For an up-to date schedule of groups, visit <https://namibuckspa.org/>
5. Substance Abuse & Mental Health Service - Free, Confidential, 24/7, 365 day-a-year treatment referral and information service (English & Spanish) for individuals and families facing mental and/or substances use disorders. 1-800-662-HELP (4357)
6. Teen line - Teen to teen helpline -
 - a. Text “Teen” to 839863
 - b. www.teenlineonline.org

Suicide/ Crisis Support

7. National Suicide Prevention Lifeline (English) 1-800-273-TALK (8255)
Spanish:1-888-628-9454
 - a. <https://suicidepreventionlifeline.org/>
8. Pennsylvania Suicide Prevention
 - a. Lower Bucks County - (215) 355-6000 or (215) 547-1889
9. Crisis Text Line: Text “PA” to 741-741
10. Veteran Crisis Line: 1-800-273-TALK (8255)
11. Bucks County Children’s Crisis Support - 1-800-435-7709

Mindfulness and Dealing with Anxiety

1. Campaign Against Living Miserably (CALM) - www.thecalmzone.net
2. <https://childmind.org/article/how-mindfulness-can-help-during-covid-19/> This website has great tips on how mindfulness helps with dealing with anxiety.

Substance Abuse

12. Get Help Now Hotline (for substance use disorders): 1-800-662-4357
13. Substance Abuse & Mental Health Service - Free, Confidential, 24/7, 365 day-a-year treatment referral and information service (English & Spanish) for individuals and families facing mental and/or substances use disorders. 1-800-662-HELP (4357)

Domestic Violence

14. Pennsylvania Sexual Assault Helpline – 1-888-772-7227
15. National Domestic Violence Helpline – 1-800-799-7233
16. NOVA Bucks (Network of Victims Assistance) <https://www.novabucks.org/> 24-7 Victim Hotline 1-800-675-6900

LGBTQ

1. The [GLBT National Help Center](#) provides multiple resources and access to a hotline and a youth chat line.
2. [The Trevor Project](#) is a multimedia support network for LGBTQ youth providing crisis intervention and suicide prevention.
3. [William Way Peer Counseling Program](#) ; William Way LGBT Community Center provides one-on-one counseling from peer volunteers by phone; 215-732-2220
4. <https://www.atticyouthcenter.org/> The Attic Youth Center is the only organization in Philadelphia exclusively serving lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth. The Attic's goal is to reduce the isolation felt by LGBTQ youth by providing a sense of community and developing programs and services to counteract the prejudice and oppression that LGBTQ youth often face.

Parent/Guardian Resources

Talking to Children About COVID-19

- National Association of Student Personnel Administrators
 - <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>
- PBS
 - <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
- Brainpop
 - <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
- KidHealth
 - <https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

Financial resources

- PA Unemployment Benefits: go to <https://www.uc.pa.gov/Pages/covid19.aspx> for information on how to apply
- Bucks County Opportunity Council: For information on food pantries, rental assistance and utility assistance visit <https://www.bcoc.org/> or call 215-345-8175

SAP (Student Assistance Program)

- School based team to assist students in removing barriers to learning
- Designed to help school personnel identify issues, including alcohol, drugs, mental health, and behavioral concerns
- Contact
 - Jason Ivenz - Kindergarten - 2nd grades - jivenz@schoollane.org
 - Arti Vyas - 3rd - 6th grades - avyas@schoollane.org
 - Jacqueline Weiswasser - 7th - 9th grades - jweiswasser@schoollane.org
 - Katie Kane - 10th - 12th grades - kkane@schoollane.org

Safe 2 Say Something Program

- Youth violence prevention program run by the Pennsylvania Office of Attorney General. The program teaches youth and adults how to recognize warning signs and signals, especially within social media, from individuals who may be a threat to themselves or others and to “say something” before it is too late
- Contact information

- Website - <https://www.safe2saypa.org/>
- Phone - 1-844-723-2729