

Dear Students and Parents,

We want to make you aware of the resources that are available at our schools and within our community to support the mental health needs of our students.

If you, or your student, are experiencing a crisis or mental health emergency, please seek out the following community resources:

- *In the event of immediate risk - call **911**
- ***Screening, Assessment & Support Services (SASS) CARES Crisis Line**
1-800-345-9049
- ***National Suicide Prevention Lifeline**
1-800-273-8255
- ***Text HOME** to the Crisis Text line at 741741,
- ***Chestnut Health Systems - Child & Adolescent Mental Health Services**
12 North 64th Street Belleville, IL 618-397-0900 or 618-877-4420

East Social Workers:

Neilie Sternau nsternau@bths201.org	Rashida McKinley rmckinley@bths201.org	Laurie Gray lgray@bths201.org	Scott Neufeld-Wall sneufeld@bths201.org
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West Social Workers:

Laura Hanlon lhanson@bths201.org Class of 2025	Christy Hanusek cmhanusek@bths201.org Class of 2024	David Crouthers dcrouthers@bths201.org Class of 2023	Lori Judge ljudge@bths201.org Class of 2022
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East School Counselors:

Michelle Seneczyn, A-Co mseneczyn@bths201.org	Dr. Jennifer Stenger, Cr-Ha jstenger@bths201.org	Andrea Barriger, He-Ka abarriger@bths201.org
Brittany Cox, Ke-Nu bcox@bths201.org	Chrissie Turner, O-Sn cturner@bths201.org	Merle Wilder, So-Z mwilder@bths201.org

West School Counselors:

Jen McMurray, A-D jmcmurray@bths201.org	Tedros Solomon, E-J tsolomon@bths201.org	Julia Daniels, K-P jdaniels@bths201.org
Ashley Cryder, Q-Z acryder@bths201.org	Danielle Koeneman, T-Z dkoeneman@bths201.org	Amanda Guinn CTE East & West aguinn@bths201.org

Resources:

The Illinois Department of Human Services Mental Health Division has launched a free-of-charge emotional support text line for Illinois residents experiencing stress related to COVID-19. Illinois Call4Calm Text Line Service. Text "TALK" TO 552020 (or "HABLAR") for Spanish. The Illinois Call4Calm Text Line is not a crisis hotline, but is a source of support for anyone experiencing stress and in need of a listening ear.

Ways to Help Teens Manage Anxiety About the Coronavirus:

<https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html>

CDC Mental Health and Coping During COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Here are some resources from IL Social Work Association and IL Psychological Association:

[The IASSW & COVID-19 - IASSW](#) [COVID-19](#)

The National Child Traumatic Stress Network: [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(in Chinese\)](#)

COMMUNITY RESOURCES FOR FAMILIES

Here is link to apply for IL DHS medical and food assistance on-line:

<http://www.dhs.state.il.us/page.aspx?item=33698>

Here is link to apply for child care assistance <http://www.childrenshomeandaid.org/page.aspx?pid=317>

Here is a link for Land of Lincoln Legal Assistance <http://www.lollaf.org/>

GENERAL INFORMATION FOR HELP IN COMMUNITY:

Call For Help- 397-0963

United Way 211-Dial 2-1-1, 24/7 hotline or Visit <http://unitedwayillinois.org/211-2/>

MENTAL HEALTH / COUNSELING SERVICES:

Chestnut Health Systems	Counseling Services - Chestnut Health Systems continues to provide mental health treatment, substance use treatment, and primary health care during the Coronavirus outbreak. Chestnut offers new ways to safely connect - including telephone, Zoom, and FaceTime. Clients receive	618-397-0900 or 618-877-4420 direct referral line
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	quality care without risking exposure to coronavirus. Chestnut is accepting new clients for its school-based services, including referrals from schools, probation officers, doctors' offices, and others.	
CenterPointe Hospital	Mental health services including: psychiatric care, individual & group therapy, crisis services and assessment, inpatient & outpatient care 24/7 assessments at No Cost	Call 800-345-5407 Toll Free or 636-477-2136 CenterPointe Hospital 4801 Weldon Spring Pkwy., St. Charles, MO 63304 www.CenterPointeHospital.com
Counselors Associates, Shiloh, IL	Counseling options, offering virtual counseling	618-972-1568
Hoyleton Youth & Family Services	Counseling, residential placement	618-482-3414
One Hope United	Counseling, case management	618-345-9644
CHASI	Counseling options	618-398-6700
Catholic Social Services	Counseling options	618-394-5900
Stuart Marcus, Ph.D.	Counseling	618-394-9282
Family Life Consultants	Counseling options	618-345-9536
Lutheran Family & Child Services	Counseling options	618-234-8904

HOTLINES:

Call For Help	24 hr. crisis hotline	618-397-0963
Cutting-Self-Injury Hotline	24 hr Hotline	1-800-784-2433
Covenant House Hotline Childhelp-National Child Abuse Hotline	Runaway, 24 hr. crisis hotline	1-800-999-9999
DCFS Hotline	24 hr Hotline for reporting child abuse	1-800-25ABUSE (252-2873)
Crisis Text Line	Crisis Hotline via TEXT MESSAGE	Text HOME to 741741
KUTO Crisis Helpline	Local crisis hotline, operating 24/7, staffed part-time by trained teens	1-888-644-5886

SPECIFIC NEEDS:

ALANON	Alcohol issues within the family	618-398-9470
Gateway Foundation	Substance abuse	618-234-9002
Violence Prevention Center of SW Illinois	Domestic Violence Relationship Issues	618-235-0892
Heartlinks Family Hospice	Grief issues	618-277-1800
Sexual Assault Victim Care Unit	Crisis Intervention	618-397-0975
McCallum Place on the Park (MO)	Eating disorder treatment	314-961-1452
St. Clair Co. Health Department	STD Testing/Teen Pregnancy	618-233-7703

24/7 for an Assessment at No Cost through CenterPointe Hospital

During These Difficult Times Some Individuals May Be Experiencing the Following Symptoms:

- Severe Depression
- Severe Anxiety
- Isolation
- Grief and Loss
- Post Traumatic Stress
- Substance Use

You are not alone!

CenterPointe Can Help!

- Call 800-345-5407 Toll Free
- or 636-477-2136, Option 1

CenterPointe Hospital

4801 Weldon Spring Pkwy., St. Charles, MO 63304

www.CenterPointeHospital.com