

Student Mental and Emotional Health Resources

The following list of student mental and emotional health resources have been provided to assist staff in supporting students who may be demonstrating signs of mental and emotional difficulties.

- The Montgomery County Crisis Center (240-777-4000) is open 24 hours a day and are available to consult with staff members or families who have questions or are concerned about a student's mental and emotional state.
 - Share the following Crisis Center information with all staff members:
<https://drive.google.com/file/d/1mOOP9J2cJeA71BHGS-8y5vuUM1vglP6e/view?usp=sharing>
- The Montgomery County Hotline (301-738-2255) is available 24 hours a day. From 8:00 a.m. to midnight daily, students may text the hotline. Students also may chat with trained EveryMind staff members and volunteers from 8:00 a.m. to midnight daily: <https://www.every-mind.org/chat/>
- Post the Maryland Safe Schools Tipline information on the school website.
<https://schoolsafety.maryland.gov/pages/tipline.aspx>
- Additional resources and supports to share with staff members, students, and families:
 - Waymaking Video Episodes
 - #BTheOne: <https://www.youtube.com/watch?v=ZIEJaOi9gj0&list=PLkZwAghwrSyvIgVRCWXjpiI4iBWRK0Lwl&index=2>
 - Student Concerns during Transitions:
<https://www.youtube.com/watch?v=bqHqjsBHjE0&list=PLkZwAghwrSyvIgVRCWXjpiI4iBWRK0Lwl&index=15&t=1s>
 - Suicide Awareness:
https://drive.google.com/file/d/1N44VM8CZspXvFSj_ikXU1sLHCsZ5O9ol/view?usp=sharing
 - Montgomery County Crisis Center:
<https://www.youtube.com/watch?v=hv2-13YrUx4&list=PLkZwAghwrSyvIgVRCWXjpiI4iBWRK0Lwl&index=20&t=25s>
 - EveryMind Crisis Prevention and Intervention Services:
https://www.youtube.com/watch?v=56z1_UF7FIk&list=PLkZwAghwrSyvIgVRCWXjpiI4iBWRK0Lwl&index=19&t=12s
 - Managing Stress and Anxiety for Students:
<https://www.youtube.com/watch?v=osjMqeNn83U&list=PLkZwAghwrSyvIgVRCWXjpiI4iBWRK0Lwl&index=25&t=1s>
 - Managing Stress during Social Distancing:
<https://www.youtube.com/watch?v=osjMqeNn83U&list=PLkZwAghwrSyvIgVRCWXjpiI4iBWRK0Lwl&index=25&t=1s>
 - National Association of School Psychologists
 - *Conducting a Virtual Suicide Risk Assessment Checklist:*
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center/crisis-and-mental-health-resources/conducting-virtual-suicide-assessment-checklist>

- *Comprehensive School Suicide Prevention in a Time of Distance Learning:*
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center/crisis-and-mental-health-resources/comprehensive-school-suicide-prevention-in-a-time-of-distance-learning>
- *Preventing Youth Suicide:*
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/preventing-youth-suicide>
- *Save a Friend: Tips for Teens to Prevent Suicide:*
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/preventing-youth-suicide/save-a-friend-tips-for-teens-to-prevent-suicide>
- Signs of Suicide (SOS) Prevention Program
 - SOS has been adapted to be presented during virtual instruction. A memorandum to secondary principals on the 2020–2021 implementation process is scheduled for October 22, 2020.
 - ACT Parent-Guardian Handout 2020:
<https://drive.google.com/file/d/16X44-t9lGxvkoxxvX0CF-9BIynAIPgo8/view?usp=sharing>
 - ACT Parent-Guardian Handout (Spanish) 2020:
https://drive.google.com/file/d/1vz_VJdNbWwlcSAfi5g4qsL_IzZa-2ILH/view?usp=sharing

ACTIONS

- Review and share the information and resources with staff members.
- School-based staff members are asked to be especially vigilant and check in with students who do not appear engaged in learning or who present as withdrawn during Zoom classes.
- Post the Maryland Safe Schools Tipline information on the school website.
<https://schoolsafety.maryland.gov/pages/tipline.aspx>
- If you or your staff members have questions or concerns about a student’s mental and emotional state, please contact Student and Family Support and Engagement:
 - Dr. Christina N. Conolly, director of psychological services, via email
 - Dr. Karen D. Crews, director of student well-being and achievement, via email
 - Dr. Elizabeth A. Rathbone, coordinator of student health and wellness, via email or at 240-620-1744