Mental Health Resources

Elementary	Middle School		High School	
Counselor: Kristina Unger,	Grades 5th & 7th Mr. Jeremy Freeman	Grades 6th & 8th Mrs. Alicia Fairchild	Grades 10th & 12th Jason Bartholomew	Grades 9th & 11th Mrs. Kimberly Gibble
570-784-2850 ext.1128 kunger@ccsd.cc.	570-784-2850 ext.2413 jfreeman@ccsd.cc	570-784-2850 ext2414 afairchi@ccsd.cc	570-784-2850 ext.3124 jbartholo@ccsd.cc	570-784-2850 ext.3124 kgibble@ccsd.cc

District Contacts:

Jen Haubert (School Social Worker) 570-784-2850 ext.3121 jhaubert@ccsd.cc
Jim Murtin (High School Student Assistance Coordinator) 570-784-2850 ext.3122 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 atsuicidepreventionlifeline.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.

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Crisis Text Line: Text 'Help' to 741741
Columbia County Residents Local Crisis Line: 1-800-222-9016
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

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
www.walkinourshoes.org
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.