



## Center for Community Resources

### **Department of Human Services Secretary Theresa Miller's Announcement: Mental Health/Warmline:**

As I've mentioned previously, we're in an unprecedented time for everyone. It's uncertain and very scary. This fear is completely understandable, and the indefinite timeline is likely creating a lot of anxiety during a time where we may be or feel more removed from our support networks. But social distancing doesn't have to mean social isolation, and we want people to know that even as we all face this difficult period, no one is alone.

**Beginning at 6 p.m. on April 1**, we are partnering with the Center for Community Resources to offer a 24/7 mental health and crisis support line for people dealing with anxiety or other difficult emotions. Callers will be able to speak with staff who are trained in trauma-informed principles and will listen, assess the person's needs, triage, and refer to other local supports and professionals as needed.

**The Mental Health Support Line can be reached toll-free, 24/7 at 1-855-284-2494.**



With all the conversation surrounding COVID-19, we understand that it can cause students to feel nervous and anxious. It is important to help your student manage and cope with these feelings. The following link outlines how parents can help their child(ren) during this uncertain time.



[Click HERE for information to ease your child's anxiety about COVID-19](#)

**Students:** Please feel free to message Mrs. Snyder or Ms. T on Microsoft Teams using the chat feature, or email them at: [asnyder@linemountain.com](mailto:asnyder@linemountain.com) and [ttoczylousky@linemountain.com](mailto:ttoczylousky@linemountain.com)

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In a crisis? Crisis doesn't just mean thinking about harming yourself or ending your own life. It is experiencing any painful emotion and a time when you need support. The Crisis Text Line is available 24 hours a day, 7 days a week from anywhere in the United States for anyone who is in need of support. You can text 741741 and a live, trained Crisis Counselor will respond. For more information, visit [Crisistextline.org](https://www.crisistextline.org)

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