



CHAUTAUQUA LAKE CENTRAL SCHOOL DISTRICT

Mental Health Resources for Families

Websites for Children

- ❖ <https://www.brainpop.com/>
 - Social emotional learning lessons that align with CASEL (<https://casel.org/>)
- ❖ <https://www.common sense.org/education/digital-citizenship/curriculum>
 - ALL free
 - Digital citizenship lessons
- ❖ <https://everfi.com/>
 - Free digital curriculum
 - STEAM activities
 - Career readiness
 - Financial literacy
 - Health
 - Cultural literacy
- ❖ www.mindyeti.com
 - This app helps adults and children learn about mindfulness and how it can be a tool in calming down strong emotions.
- ❖ <https://insidesel.com>
 - This is a link to SEL resources for parents, educators and community members.
 - Adult self-care tips
 - Educational apps and games
 - SEL activities
 - Tools to teach kids about media smarts
- ❖ https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ
 - Cosmic Kids Yoga and Mindfulness
- ❖ <https://www.stopbreathethink.com/kids/>
 - Stop, Breath, & Think
 - Helps kids discover their superpowers of quiet, focused and peaceful sleep with an easy-to-use app
- ❖ <https://www.flocabulary.com/topics/social-and-emotional-learning/>
 - Social and Emotional Learning lessons for kids of all ages
- ❖ <https://sesamestreetincommunities.org/>
 - Discover games, videos and more on topics important to you and your child.



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Websites for Teens

Reach Out <http://au.reachout.com/>

- This website provides information on specific mental health disorders, as well as resources to help teens make safe plans when feeling suicidal, and helpful tips on how to relax.

Teens Health http://teenshealth.org/teen/your_mind/

- Providing a safe place for teens who need honest and accurate information, this website provides resources on mental health issues.

Teen Mental Health <http://teenmentalhealth.org/>

- Geared towards teenagers, this website provides learning tools on a variety of mental illnesses, videos, and resources for friends.

Go Ask Alice! www.goaskalice.columbia.edu

- Geared at young adults, this question and answer website contains a large database of questions about a variety of concerns surrounding emotional health.

Girls Health.Gov <http://girlshealth.gov/feelings/index.html>

- The "Your Feelings" section of this website offers guidance to teenage girls on recognizing a mental health problem, getting help, and talking to parents.

Thrive Inside <https://www.smilingmind.com.au/thrive-inside>

- Thrive Inside is a special initiative to help you stay calm and healthy in the physical constraints of your home, while remaining calm and healthy inside your mind.
- Also check out mindfulness <https://www.smilingmind.com.au/mindfulness>

Help Your Family De-Stress During Coronavirus Uncertainty

- <https://www.common sense media.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>

How to Make a Self Care Action Plan <https://youtu.be/w0iVTQS8ftg>

- Self-care can seem like a daunting task when you've already got a lot on your plate, so let's take a little time to reflect on what works best for you, and make an action plan.

Guided meditation for high school students

- <https://www.youtube.com/watch?v=qZYxc6VcRGA>



CHAUTAUQUA LAKE CENTRAL SCHOOL DISTRICT

Mental Health Resources for Families

Get Connected! Hotlines, Text or Chat Services for Mental Health Support

Chautauqua County Crisis Hotline

www.crisisservices.org

- 1-800-724-0461
- Kids' Helpline 716-834-1144 or 1-877-KIDS-400

Crisis Text Line

- Crisis Text Line is a 24-hour support for those in crisis. **Text 741741** from anywhere in the US and you will receive an automated text asking you what your crisis is. Within minutes, a live trained crisis counselor will answer your text. The text exchange is free, confidential and will not appear on your phone statement.

New York Emotional Support Line

844-863-9314

- For New York State residents who could benefit from mental health support, the NYS COVID-19 Emotional Support Helpline at 844-863-9314 is staffed 8 a.m. to 10 p.m., 7 days a week. The phone line is staffed with specially trained volunteer professionals who are there to listen, support and refer if needed.

Teen Line

Call 1-800-852-8336 or Text TEEN to 839863

- TEEN LINE is a nonprofit, community-based organization helping troubled teenagers address their problems. It is our mission to provide personal teen-to-teen education and support before problems become a crisis, using a national hotline, current technologies and community outreach.

The Trevor Project

- The Trevor Project provides crisis support through its accredited, free and confidential phone, instant message and text messaging crisis intervention services. Focus on suicide prevention, The Trevor Project offers the largest safe social networking community for LGBTQ youth and resources for youth and adults. The Trevor Lifeline is available 24/7 at **1-866-488-7386** or connect through **Text/Chat 202-304-1200**.

You Matter (National Suicide Prevention Lifeline)

- You Matter is a movement to spread the word that your problems, your worries, your fears, and above all you—unique and real you—matter. And because just about everyone—at some point—hits the wall, we're here to help. You Matter was created by the National Suicide Prevention Lifeline to let people know that suicide is preventable. If you need support, call **1-800-273-8255** or chat with the lifeline.
- <https://suicidepreventionlifeline.org/chat/>



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Your Life, Your Voice

- Your Life, Your Voice is supported by the Boys Town National Hotline, and provides several ways for teens to get connected with someone to discuss any issue that is impacting them in the moment such as feeling depressed, contemplating suicide, being physically or sexually abused, on the run, addicted, threatened by gang violence, fighting with a friend or parent, or if you are faced with an overwhelming challenge. You can call **1-800-448-3000**, **Text VOICE to 20121** to start, chat or email from their website to get support, guidance, and resources. Their website also features a variety of journal pages if you just want a way to start to sort out your thoughts on your own.

SAMHSA's National Helpline

1-800-662-HELP (4357)

- A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.
- Disaster Distress Helpline **1-800-985-5990 / text "TalkWithUs" to 66746**

IMALive

<https://www.imalive.org/>

1-800-784-2433

- IMALive is a virtual crisis center where 100% of the volunteers are trained in crisis intervention. IMALIVE is a service of the Kristin Brooks Hope Center (KBHC), a nonprofit 501(c)3 organization. Our focus is suicide intervention, prevention, awareness and education.

National Eating Disorders Association (NEDA)

- Contact the **Helpline (800) 931-2237** for support, resources and treatment options for yourself or a loved one.
- For crisis situations, **text "NEDA" to 741741** to be connected with a trained volunteer at Crisis Text Line.

National Domestic Violence Hotline – Call 800-799-SAFE (7233)

- Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

National Sexual Assault Hotline – Call 800-656-HOPE (4673)

- Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is available at Online Hotline. Free help, 24/7.



CHAUTAUQUA LAKE CENTRAL SCHOOL DISTRICT

Mental Health Resources for Families

Chautauqua Lake Central School District Counselors

***If you are in crisis or this is a safety concern, please do not send an email and call the Chautauqua County crisis line at 1-800-724-0461. You may also call the Kids' Helpline at 716-834-1144 or 1-877-KIDS-400.**

Katrina Cummings	School Psychologist kcummings@clake.org
Kara Smith	Elementary School Counselor ksmith@clake.org
Leah Stow	Middle Grades School Counselor lstow@clake.org
Jessica Cowan	Secondary School Counselor jcowan@clake.org
Jason Richardson	Secondary School Counselor jrichardson@clake.org
Stephanie Singer	CCMH Social Worker (located at CLCS) ssinger@clake.org