

Counseling Department Information

Counselors are available **Monday through Friday from 9:00 A.M. to 12:00 P.M.** via email or by appointment. To request an appointment please email your counselor and they will contact you.

Lea Clougherty-Elementary- lea.clougherty@berryhillschools.org

Donna West-Middle School- donna.west@berryhillschools.org

Linda Lemmons-High School- linda.lemmons@berryhillschools.org

We have provided some links to some Mental Health Resources below:

COVID 19 Mental Health Resources

Mental Health Hotline-Text TALK to 741-741 or call 1-800-273-TALK

National Suicide Prevention Lifeline: Call 1-800-273-8255 or Chat with Lifeline
<https://suicidepreventionlifeline.org/>

MHSA recommendations to stay mentally healthy while working from home:

- *Create and follow a schedule**
- *Get dressed**
- *Exercise**
- *Socialize**
- *Do not take naps**

Talking to Children About Covid-19 A Parent Resource

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Answering Your Young Child's Questions About Coronavirus

<https://www.zerotothree.org/resources/3265-answering-your-young-child-s-questions-about-coronavirus>

Parenting in the Time of COVID-19

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

We have added some links below to some Academic & Career Resources

Academic:

[Khanacademy.com](https://www.khanacademy.com)

Free resources to help find activities and help with learning and homework.

College/Career:

www.okcollegestart.org

This is the site our 8th grade students have already been using and should have an account.

Parenting:

www.loveandlogic.com

There are resources to purchase, of course, but there are also many short free articles that give advice for specific problems, age levels, etc.

Social Media:

www.common sense media.org

This site will give you useful information on social media sites, apps, games, movies, and books with their ratings. It tells you the good, the bad, and the ugly.

ACT Prep:

www.act.org

This site will give information regarding test registration and test administration updates and ACT Prep.