

## Counselor Newsletter #3

Dear AHS Family,

The holidays and/or a change in schedule can evoke all types of emotions in our students. This change in routines could be especially impactful for students given the recent traumatic events over the last two weeks. Over the next two weeks, as we are unavailable while on Winter Break, we encourage you to continue to keep your student supervised and safe, and to continue to engage in important conversations with them. Given that we will not be accessing email over the break, we want to make sure you are equipped with resources in the event that you have questions or concerns related to your student or another student.

If you, your student, or anyone else you know is in a mental health crisis, call 911. Please also be aware of suicide hotline contact information: Phone - 1-800-273-TALK

Text - Text "NAMI" to 741-741 for access to 24/7 mental health crisis counseling via text.

If you find your student in a situation where you need immediate direction on next steps to stay safe, we urge you to call the Psychiatric Intake Response Center (PIRC) at Cincinnati Children's Hospital. The PIRC line is 513.636.4124. This line is staffed 24 hours a day, 7 days a week.

If you have concerns about threats to student safety, we urge you to call or text the Safer Ohio School Tip Line at 844-SaferOH. This line is staffed 24 hours a day, 7 days a week.

If you are seeking additional resources, we encourage you to start at the links below:

[How to Help a Grieving Child After a Suicide](#)

[MindPeace](#)

[Forest Hills Community Resource List](#)

We wish all Anderson Family members a wonderful holiday season, and we look forward to working with your students and families in the new year.

Best Wishes,

AHS Counseling Team

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