

COVID-19 Health and Wellness Resources

Please use these resources as we continue with distance learning.

Please also check Portal for messages and helpful tools from your School Counselors.

OCVTS Counselors are available during normal school hours, Monday- Friday.

Hotlines & Websites

As you know, school is not always in session when a problem or emergency arises. Please take advantage of the mental health hotlines and links listed below if/when we are not available.

Life-threatening Emergencies

For a life-threatening emergency, always dial 911.

An emergency is considered to be any serious and sudden medical, emotional, or behavioral health situation that, if not given immediate professional attention, could lead to your child being severely harmed or possibly harming someone else. If you have an emergency situation involving your child that is life-threatening, seek help immediately by dialing 911.

Urgent Situations

If your situation is not immediately life-threatening, contact **PerformCare at 1-877-652-7624** and follow the menu prompts provided for an urgent situation. They will ask you a series of questions to determine how they can help. If they find that your child should be evaluated for hospitalization, they will refer you to a local screening center. The NJ Department of Human Services offers a **list of crisis/screening centers by county**.

Mobile Response Stabilization Services (MRSS)

PerformCare may authorize mobile response stabilization services (MRSS) to come your home within one hour of notification to provide face-to-face crisis services. The goal is to stabilize behavior and keep your child at home. Mobile response is available 24 hours a day, seven days a week, and can offer up to eight weeks of stabilization services.

Department of Children and Families - Hotlines and Helplines

The New Jersey Children's System of Care defines an emergency as any serious medical, emotional or behavioral health condition with a sudden onset that, if not dealt with right away, is severe enough that a prudent layperson who possesses an average knowledge of medicine and health could reasonably expect the absence of immediate attention to result in jeopardy to the life or health of the child, youth or young adult, or harm to another person by the child, youth or young adult.

National Suicide Prevention Lifeline Call 1-800-273-8255 or text TALK to 741741

The Lifeline provides 24/7 free and confidential support for people during emergencies. The Lifeline also helps specific groups, such as youth, loss survivors, veterans, LGBTQ+, and more, cope with suicidal thoughts.

2nd Floor Youth Helpline

If you are between the ages of 10 and 24, live in New Jersey, and need to talk about an issue or problem that you are facing call or text: 888-222-2228

Family Crisis Intervention Unit: 732-542-2444

Traumatic Loss Coalition: 732-956-7782

New Jersey Hopeline: 855-654-6735

The NJ Hopeline has specialists available 24/7 who offer counseling and support over the phone.

American Foundation for Suicide Prevention
AFSP Website

The Trevor Project

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. The Trevor Project serves more than 100,000 LGBTQ young people every year through our programs and resources, including:

TrevorLifeline – A crisis intervention and suicide prevention phone service available 24/7 at **1-866-488-7386** www.thetrevorproject.org

In addition to the above hotlines/links, you can download the following apps to your phone...

MY3: Define your network and your plan to stay safe.

Virtual Hope Box: Contains tools to help with coping, relaxation, distraction, and positive thinking.

<https://www.virusanxiety.com/>

https://www.calm.com/?fbclid=IwAR3Uwqh4wE9Hh992HZBgRsRAS4zntRBqHK_q10FjBgP4Tpg_v8FVT9G9d2Y

Articles

[Coping with Stress During an Infectious Disease Outbreak](#)

[Talking to Children About COVID-19: A Parent Resource](#)

[Updates on various dates, exams, etc.](#)