



## DARIEN HIGH SCHOOL HOME OF THE BLUE WAVE

Ellen Dunn, Principal Ext. 2252 edunn@darienps.org	Kate Dimoulas, Asst Principal Ext. 2328 kdimoulas@darienps.org	Mark Mazzone, Asst. Principal Ext. 2235 mmazzone@darienps.org	Paul Ribeiro, Asst. Principal Ext. 2323 pribeiro@darienps.org
----------------------------------------------------------	----------------------------------------------------------------------	---------------------------------------------------------------------	---------------------------------------------------------------------

### DHS Support Staff

Kathy Gilbert LCSW, DHS School Social Worker, [kagilbert@darienps.org](mailto:kagilbert@darienps.org)  
 Taylor Kurtz, Fitch Academy School Psychologist, [tkurtz@darienps.org](mailto:tkurtz@darienps.org)  
 Beth Shapiro, DHS School Psychologist, [bshapiro@darienps.org](mailto:bshapiro@darienps.org)  
 Eileen Whalen, DHS School Psychologist, [ewhalen@darienps.org](mailto:ewhalen@darienps.org)  
 Kate Williamson, DHS School Psychologist, [kwilliamson@darienps.org](mailto:kwilliamson@darienps.org)

Dear Parents,

We understand that this period of uncertainty could cause your child to feel particularly stressed. Since school will not be in session for the next two weeks, we want to make you aware of some resources that you could access if you feel your child may require mental health support when school is not in session. Below are contacts that could be of help during this period.

### Resources for students and parents when school is not in session in the event of the need for mental health support.

<b>Mobile Crisis Intervention Services</b>	Provides in-home behavioral or mental health crisis services for children and youth	Dial 2-1-1 in Connecticut <a href="http://uwc.211ct.org/mental-health-crisis-intervention-services-connecticut">uwc.211ct.org/mental-health-crisis-intervention-services-connecticut</a>
<b>Open Access Clinic of Child Guidance Center of Southern CT</b>	Immediate intake and triage of mental health concerns (walk-in) – M, W, F from 8:30-10:30am. Open other times by appointment.	203-324-6127 <a href="http://childguidancect.org/services">childguidancect.org/services</a>
<b>Family Centers – Center for Hope (Darien Location)</b>	Individual and group counseling services	203-655-4693 <a href="http://www.familycenters.org">www.familycenters.org</a>
<b>Child Guidance Center of Mid-Fairfield County</b>	Outpatient mental health services for children and families	203-299-1315 <a href="http://www.childguidancemfct.org">www.childguidancemfct.org</a>
<b>Crisis Text Line: 741741</b>	24/7 text line providing crisis support from trained counselors	Text HOME to 741741 <a href="http://www.crisistextline.org">www.crisistextline.org</a>
<b>Trevor Lifeline</b>	24/7 hot line providing crisis support from LGBTQ-sensitive trained counselors	1-866-488-7386 <a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>
<b>Local Emergency Rooms and/or 911</b>	Life-threatening medical emergency or imminent concerns about safety for self or others	