

Waterford High School Resources for Students & Families Needing Support during School Closures

Do you personally need help or know a peer who does?



Even if we are not together daily, our WHS Lancer community still looks out for each other. If you are concerned about a peer struggling during this time of distance learning and more social isolation, please reach out to a trusted adult – counselors, administrators, teachers, social workers, school psychologists and other staff members of our WHS community are all here to support you. If you or someone else is feeling like harming yourself or others, please call 911 or local law enforcement for immediate support. The below resources are provided to help you or a family member access outside help, should the need arise.

Waterford Youth Services Bureau (WYSB): Families may call the WYSB main line at **(860)444-5848** for an intake if they are in need of tele-counseling which is free, safe, and confidential. Case management services can be provided for families who are struggling financially due to the pandemic. WYSB can assist by linking families to resources that help with: unemployment benefits, rental / mortgage deferrals, college loan deferrals, etc. WYSB also houses the food pantry and offers perishable and non-perishable food items for free.

211: **211** is a free, confidential referral and information helpline and website (211.org) that connects people of all ages and from all communities to the essential health and human services they need, 24 hours a day, seven days a week. **211** can be accessed by phone or computer. 211 can help with: mental health and health resources, children youth and family support, disaster recovery, etc.

SAMHSA Disaster Distress Helpline: provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. The Disaster Distress Helpline, **1-800-985-5990**, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. You can also text **TalkWithUs to 66746** to connect with a trained crisis counselor.

Warm Lines - For those who are feeling stressed or anxious and looking for telephone support, Warm Lines are telephone support services staffed by people who have experience/expertise with mutual support. These lines are not crisis lines and the days/hours of operation vary. **1-855-6-HOPENOW**

Healthylivesct.org – HealthyLivesCT website focuses on overall wellness programs and services to assist Connecticut residents with helping to lower stress, reduce the risk of illness and ensure positive interactions. HealthyLivesCT targets emotional, physical, holistic, and financial wellness by providing screening tools, and links to information and options to help individuals attain a sense of well-being.

National Domestic Violence Hotline: **1-800-799-7233**