



Franklin Middle School @ Hamilton St. Campus Resource Links for Families

HSC family, you are in our hearts and thoughts during this unprecedented time. Please reference the links below should you need resource support. Please feel free to contact our School Counseling, Student Assistance Coordinator or Child Study Team members when needed. We are here for you.

School Counselors

Mrs. Quiyon Peters (A-G) qpeters@franklinboe.org

Ms. Melissa Langan (H-Pa) mlangan@franklinboe.org

Ms. Surbhi Alaigh (Pe-Z) salaigh@franklinboe.org

Student Assistance Coordinator

Ms. Vanessa Hitchman vhitchman@franklinboe.org

Child Study Team

Ms. Sara Gibson sgibson@franklinboe.org

Ms. Jennifer Nolan jnolan@franklinboe.org

Ms. Jacqueline Rivera jrivera@franklinboe.org

RESOURCES

New Jersey School Counselors Association

Social Emotional Learning Parent Webinar, "Tools for Families"

<https://youtu.be/LBYOKo3urwQ>

New Jersey School Counselor Association

Social Emotional Learning Parent PowerPoint Presentation, "Tools for Schools"

http://njpsa.org/wp-content/uploads/2020/04/FEA_PTA-presentation-4.14.20.pptx

Family Success Center (signs of stress, mental health, a webinar coming up for teens and tweens about mental health and quarantine, and food assistance, etc.)

<https://www.pioneerfsc.com/coping-with-infectious-disease>

National Association of School Psychologists (NASP)

Helping Children Cope with Changes Resulting from COVID-19

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Spanish Version-

[Cómo ayudar a los niños a lidiar con los cambios provocados por la COVID-19 \(PDF, Spanish\)](#)

Talking to Children About COVID-19: A Parent Resource

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource \(PDF, English\)](#)

Spanish Version-

[Hable con sus hijos sobre el COVID-19 \(Coronavirus\) Un recurso para padres \(PDF, Spanish\)](#)

Food /Health Care & Cash Assistance

<https://www.njhelps.org/> Complete an online application to determine your eligibility for food, healthcare or cash assistance. Screenings for these services are provided remotely (Via phone & mail correspondence).

Non- Emergency Counseling Support

NJ Hope Line (855) 654-6735 – Open 24 hours/ 7 days a week. To talk to a trained person regarding non-emergency concerns.

NAMI Helpline: Call (800) 950-NAMI (6264) Monday through Friday between 10:00 am and 6:00 pm ET for mental health resources or email info@nami.org

Counseling /Crisis Service

Perform care - Mobile Response Services:1-877-652-7624 Available 24 hours a day, 7 days a week. This service is to help children and youth who are experiencing emotional or behavioral crisis.

Crisis Support Resources

National Suicide Prevention Helpline: Call 1-800-273-TALK (8255) 24/7 to be connected to a skilled, trained counselor at a crisis center

2nd Floor Helpline: Call or text 888-222-2228

A confidential and anonymous helpline for New Jersey's youth and young adults.

Crisis Text Line: Text "NAMI" to 741741 to chat with a trained crisis counselor
Free 24/7 text line for those in crisis (English only)

SAMHSA Disaster Distress Helpline: Call (800) 985-5990. Press 2 for Spanish language support Provides 24/7 crisis counseling and support to people experiencing emotional distress due to any type of disaster.

Disaster Mental Health Helpline

(877)294- HELP (4357) To assist with emotional concerns to COVID-19.

