



Princeton High School

School Counseling Department

151 Moore Street, Princeton, New Jersey 08540 t 609.806.4282

March 27, 2020

Dear Students, Parents/ Guardians,

I became a school counselor for Princeton High School because I believed in the power of love, care, connectedness, and compassion when working with students. I knew that if I loved them unconditionally and provided support that together we could overcome almost any obstacle. It is in that spirit that I write to you all today. I know that times are difficult right now. I know that some of you may be hurting, scared, out of work, or have food insecurity. You are missing your friends, your extended family, your colleagues – maybe your favorite restaurant or record exchange. I also know that as a community we can either divide, or we can rally together. I don't have answers for you, but I do have counselors. Counselors who share the same philosophy that I did many years ago when I started. Counselors who want to be here for you and for your family. Please reach out. Every Princeton Public School counselor has a PowerSchool learning page, or you can set up an appointment via email.

You are not alone. We see you. We are still here.

Below we have provided some resources as we navigate through these times.

You can talk to trained counselors 24/7:

call: 1-866-488-7386.

text: START to 678678

chat here (3pm-1am)

2NDFLOOR Youth Helpline (24/7, TEXT or CALL): 888-222-2228

TransLifeline 877-565-8860 (10am-4am)

If you need crisis support, text NAMI to 741741.

COVID-19 Support:

[Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease](#)

[Managing Reactions to the Coronavirus](#)

[Talking to Children about COVID-19](#)

[NAMI Guide and Resources](#)

[Princeton Nassau Pediatrics COVID 19](#)