

Welcome back everyone!

May this message find you and your families safe and well, and that you have had a restful, healthy, and productive summer. We are excited and look forward to working with you all throughout the new school year. As we prepare for what's to come, please know that whether you are remote or in person, your school counselors are here to support you every step of the way. With the start of each school year, comes an opportunity to start a new. Let's work together to ensure a strong year ahead!

The school counseling team is available between the hours of 9:15 am-2:35 pm. All guidance related calls, emails, questions, comments, or concerns are welcomed. We are here to support and assist, and have included our caseload division information for you within. In the case of an emergency or in the case additional after hours' support is needed, please feel free to take a look at the helpful resources provided below. For all other questions, please feel free to find our Principal, Mr. Bolan, or our Assistant Principal, Ms. Gottsegen's, contact information within our school directory at <https://www.loughlin.org/about-us/directory>.

Thank you in advance. Stay positive, healthy, and safe. We look forward to continue working with you all!

Warm regards,

Loughlin's Guidance Team

Mrs. Andrades | Director of Guidance| 718-857-2700 ext. 2216 | yandrades@blmhs.org

Mrs. Foley | Guidance Counselor| 717-857-2700 ext. 2219| bfoley@blmhs.org

Caseload Division (by last name):

Mrs. Foley

Freshmen: Albert-Kelly
Sophomores: Adams - Johnson (Jayden)
Juniors: Abney - Hernandez
Seniors: Akerson -Jefferson

Mrs. Andrades

Freshmen: Kennedy -Zarina
Sophomores: Johnson (Kya) - Wilson
Juniors: Hill - Zarzuela
Seniors: Johnson - Worrell

Emergency and After Hours Resources

Emergency: 911

Referral services: 211 | 211.org

Suicide Prevention (United States): 1-800-273-TALK (8255) | suicidepreventionlifeline.org

Suicide Prevention (International): befrienders.org

Self-Injury/Cutting: 1-800-366-8288 | selfinjury.com

Eating Disorders: 1-800-931-2237 | nationaleatingdisorders.org

Runaway Hotline: 1-800-231-6946 | 1800runaway.org

Child Abuse Hotline: 1-800-422-4453 | childhelp.org/hotline/

Sexual Assault Hotline: 1-800-656-4673 | rainn.org

Domestic/Relationship Violence Hotline: 1-800-799-7233 | thehotline.org

Trevor Hotline for LGBTQ Youth: 1-866-488-7386 | thetrevorproject.org

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline | samhsa.gov/find-help/national-helpline

Other resources for developing healthy lifestyles, including mental and emotional help: helpguide.org