



Dear Parents/Guardians,

We would like to provide you with the following mental health and wellness resources you can share with your student(s) and family members:

- For any life-threatening emergencies, please call 911.
- National Suicide Hotline: 1-800-SUICIDE (1-800-273-8255 or 1-800-784-2433).
- For students experiencing a mental health crisis, call 988. Students who identify as LGBTQ+ can also use the [Trevor Project](#), which has a live chat option.
- 24/7 Charlottesville Teen Hotline: 434-972-7233. Teens can call and talk about worries or concerns. This service is also beneficial for parents/guardians to receive assistance with a child in crisis.
- [Region 10 Emergency Services](#) or 434-972-1800 and 1-866-694-1605. Crisis services provided are 24/7.
- United Way Helpline (financial assistance): 434-234-4490.

When school is in session, both parents and students can report bullying or unkindness via [STOPit](#), a free, online reporting tool available to help students deter and mitigate bullying, cyber abuse and other inappropriate behaviors. The app can be downloaded to a smartphone or tablet and will allow students to report incidents to school contacts anonymously.

Please use the following school access codes:

- NGES: NGES\_Dragons
- NGPS: NGPS\_Dragons
- WMMS: WMMS\_Dragons
- WMHS: WMHS\_Dragons
- RES: RES\_Eagles



**William Monroe High School-specific** resources:

- [School Counseling Center](#)
- The high school counseling office offers self care packets for students to pick up before break. These include word searches, coloring pages, journal prompts, and fidgets.

**William Monroe Middle School-specific** resources:

- [WMMS School Counseling](#)
- Concerned parents can request that a counselor meet with their middle school student through the school's [appointment form](#).
- WMMS Counseling Google Classroom code:55qwbt. This site has resources on a variety of topics.