

WE ARE HERE 2 HELP!



SHS Counselors

IHS Counselors

RGMS Counselors/Staff

[Mrs. Christopher](#)

[Ms. Calder](#)

[Mrs. Durst](#)

[Mrs. Estvanik](#)

[Mrs. Christopher](#)

[Ms. Lambert](#)

[Mrs. Kostlich](#)

[Mrs. Graham](#)

[Ms. Limmer](#)

[Mrs. McQuiston](#)

[Mr. Murray](#)

[Ms. Serignese](#)

[Dr. Rockey](#)

[Mr. Stephens-Howling](#)

If you are in crisis, you do not need an appointment to visit the counselors or nurse!

ACT to Save a Life

ACKNOWLEDGE THAT YOU SEE SIGNS OF DEPRESSION OR SUICIDE IN A FRIEND

CARE: SHOW YOUR FRIEND THAT YOU CARE BY LISTENING AND OFFERING SUPPORT

TELL A TRUSTED ADULT SO YOU CAN GET HELP.

Personal Crisis	Abuse
- Center for Community Resources Crisis Hotline (Butler County- 24 hours) 1-800-292-3866 - text: 63288 ccrinfo.org	- VOICe (Victim Outreach Intervention Center (Butler County- 24 hours) 1-800-400-8551 voicebutlercounty.org
- Suicide Crisis Lifeline - Call or Text: 988 988lifeline.org	- Childline: PA Child Abuse Reporting 1-800-932-0313 keepkidssafe.pa.gov
Emergency Food, Housing, Transportation Resources	Discrimination or Harassment
- United Way of Southwest PA 1-888-553-5778 pa211sw.org	- Mr. Ashley Porter, Seneca Valley Supervisor of Equity 724-452-6040 porterad@svsd.net

Mental Wellness

- Care Solace- 24 hour-365 days Mental Health Care Coordinators
 - Call or text
 - 888-515-1595
 - <https://www.caresolace.com/site/seneca>
- Glade Run- School based Mental Health Service
 - 412-661-1827
 - gladerun.org
- Charlie Health
Virtual Intensive Outpatient Program (IOP)
 - 1-866-671-5457
 - www.charliehealth.com