

Dear Students and Families,

We know that this is a very difficult and anxious time for everyone. We have provided a list of community and mental health resources which may be helpful to you during this stressful period of time. You can also contact our behavior specialist, Mr. Zach Milch at 610-741-1200, ext. 5296.

Here is a list of resources that may be helpful to you:

Talking to kids about the Coronavirus: www.childmind.org

How to talk to your child about the Coronavirus: www.kidshealth.org

Talking with children about Coronavirus Disease 2019: www.cdc.gov

Mental Health Crisis Hotlines:

Service Access and Management (SAM) - [610-236-0530](tel:610-236-0530) or text [484-816-7865](tel:484-816-7865)
(RUOK)

National Suicide Prevention Lifeline - [1-800-273-8255](tel:1-800-273-8255) (TALK)

Crisis Text Line - Text HOME to 741741

Teen Line - Text Teen to 839863

Trevor Project (LGBTQ) - [1-866-488-7386](tel:1-866-488-7386), or text START to 678678

On-line Counseling Resources *Most have a cost but are reduced due to the coronavirus situation*

Talkspace - www.talkspace.com

Betterhelp - www.betterhelp.com

Online-Therapy - www.onlinetherapy.com

Other Community Resources:

Greater Berks Food Bank - Can provide a list of food banks near you
[610-926-5802](tel:610-926-5802)
<https://helpingharvest.org>

Salvation Army - Can provide financial, clothing and food assistance
Offices in Reading and Boyertown
[610-373-5208](tel:610-373-5208) or [610-367-4089](tel:610-367-4089)

Berks Community Action Program - Can provide financial resources, case management services and referrals
645 Penn Street, 3rd Floor
Reading, PA 19601
[610-376-6571](tel:610-376-6571)

Safe Berks - Can provide free counseling, housing, and services to those experiencing domestic violence
255 Chestnut Street
Reading, PA 19601
[610-373-1206](tel:610-373-1206)

Berks County Assistance Office - Can apply for food stamps, cash assistance and medical assistance
625 Cherry Street
Reading, PA 19602
[866-215-3912](tel:866-215-3912)

We have also attached a list of Berks County counseling agencies that you can access through your insurance and private pay.

List of Berks County Counselors for Children, Teen and Adults:

(Most agencies listed below have counselors that provide Mental Health and Drug/Alcohol Services.)

Fairview Counseling

[610-396-9091](tel:610-396-9091)

1255 Perkiomen Avenue
Reading, PA 19601

- Counseling agency for children from 2-18 years of age. Deals with issues including adoption, anxiety, anger, ADHD, abuse, loss, family issues, trauma, school concerns, and depression. Therapists are licensed in play therapy as well. No psychiatrist on site.

Shoudt and Reilly Psychological Services

[610-404-1726](tel:610-404-1726)

6720 East Perkiomen Avenue
Birdsboro, PA 19508

- Counseling agency for adults and children. Deals with issues including depression, anxiety, school issues, oppositional defiant disorder, family issues, ADHD, and grief. Therapists there that work with children include Bethann Shoudt, Katie Nerney, Melissa Reilly, and Janine York.
- Play therapy is provided as well.

Springfield Psychological Services

[610-544-2110](tel:610-544-2110)

2909 Windmill Road
Sinking Spring, PA 19608

- Counseling agency for adults and children. Deals with issues including depression, anxiety, school issues, oppositional defiant disorder, family issues, ADHD, and grief. Therapists there that work with children include Jill Braun, Olivia Lambert, Gina Manidis Brandon Sands, and Renee Waring and Catherine Schultz.
- There is a psychiatrist on site as well.

Berkshire Psychiatric

[610-375-0544](tel:610-375-0544)

1200 Broadcasting Road, Suite 200
Wyomissing, PA 19610

- Counseling agency for adults and children. Deals with issues including depression, anxiety, school issues, oppositional defiant disorder, family issues, ADHD and grief. Therapists there that work with children include Christine Wasser/Good with special needs; Renee Aulenbach, and Melissa Conti-Good with eating disorders.
- There is a psychiatrist on site as well.

Thriveworks

[610-563-2052](tel:610-563-2052)

2208 Quarry Drive Suite 200
Reading, PA 19609

- Counseling agency for adults and children. Deals with issues including depression, anxiety, school issues, trauma, ADHD, behavioral issues and grief. Therapists that work with children include Julie Gabriel, Caitlin Herb and Tonia Knight.

Reading Counseling Services

[1-866-768-4372](tel:1-866-768-4372)

122 West Lancaster Avenue
Shillington, PA 19607

- Counseling agency for adults and children. Provides individual and group counseling services for issues including behavioral issues, trauma, depression, anxiety, parenting, marital issues, grief and school issues. Therapists that work with children include Colleen Calcagni, Rebecca Chellquist, Natasha Batdorf and Emilie Yeakel.

Family Guidance Center

[610-374-4963](tel:610-374-4963)

1235 Penn Avenue, Suite 205, 206
Wyomissing, PA 19610

- Accepts Medical Assistance
- Spanish Speaking Therapists
- Counseling agency for adults and children. Deals with issues including depression, anxiety, school issues, ADHD, grief, family issues, and oppositional defiant disorder. Therapists there that work with children

include Toni Gerhart, Deb Kemmerling, Jena Mable, Metaxia Papademetriou, Tanja Soto and Ingrid Valerio and David Parenti.

- Psychiatrist on Staff

Pennsylvania Counseling Services

[610-670-7270](tel:610-670-7270)

1733 Penn Avenue

Wyomissing, PA 19610

- Counseling agency for adults and children. Deals with issues including depression, anxiety, school issues, behavioral issues, ADHD, grief, and family issues. Therapists there that work with children include Chris Hedregard, or Rosemary Gardner. There is a psychiatrist on site.
- PA Counseling Services' Reading City office accepts Medical Assistance. Their phone number is [610-478-8088](tel:610-478-8088), and they are located at 938 Penn Street, Reading PA 19602.
- Psychiatrist on Staff

Center for Mental Health

[610-988-8070](tel:610-988-8070)

Reading Hospital

6th Avenue and Spruce Streets

West Reading, PA 19611

- Accepts Medical Assistance
- Spanish speaking therapists
- Counseling agency for adults and children. Deals with issues including depression, anxiety, school issues, behavioral issues, ADHD, grief, and family issues.
- There is a psychiatrist on site.

Concern Counseling Services

[610-944-0445](tel:610-944-0445)

Corporate Office

One West Main Street

Fleetwood, PA 19522

- Counseling agency for adults and children. Deals with issues including depression, anxiety, trauma, school issues, behavioral issues, ADHD, grief, etc.
- There is a psychiatrist on site
- Accepts Medical Assistance

Berks Counseling Associates

[610-373-7005](tel:610-373-7005)

1150 Berkshire Boulevard

Wyomissing, PA 19610

- Specializes in sexual abuse
- Counseling agency for adults and children. Deals with issues including depression, anxiety, school issues, behavioral issues, ADHD, grief, and family issues. Therapists there that work with children include Alison

Hill/specializes in sexual abuse; Nicole Jackson/specializes in sexual abuse;
Kristin Huntzinger/excellent in trauma;

- There is no psychiatrist on site.

Joanna Groebel

[610-463-6005](tel:610-463-6005)

641 Penn Avenue

West Reading, PA 19611

- Counseling agency for adults and children. Great non-traditional therapist who includes creative arts therapy, EMDR, Brainspotting, and EFT-does traditional talk therapy too.
- There is no psychiatrist on site.

Emotional Wellness

[610-779-7272](tel:610-779-7272)

3933 Perkiomen Avenue

Exeter, PA 19606

- Counseling agency for adults and children. Deals with issues including trauma, depression, anxiety, school issues, behavioral issues, ADHD, grief and family issues. Therapists there that work with children include Deb Fluck, Dahomi Duran Coronado, and Jen Solvino-10 and older.
- No psychiatrist on site.

Furnace Creek Counseling

[610-750-9135](tel:610-750-9135)

509 West Penn Avenue

Robeson, PA 19551

- Counseling agency for adults and children. Deals with issues including trauma, depression, anxiety, school issues, behavioral issues, ADHD, grief and family issues. Therapists that work with children include Amy Alvarez, Vanessa Hagen, Jamie Hogan, and Amy Seifarth.
- No Psychiatrist on Staff

Callowhill Family Therapy

[610-372-8822](tel:610-372-8822)

244 North 5th Street

Reading, PA 19601

- Counseling agency for adults and children. Deals with issues including trauma, depression, anxiety, sexual abuse, school issues, behavioral issues, marital issues and family issues.
- Psychiatrist on Staff

Progressions Behavioral Health Services

[610-375-7454](tel:610-375-7454)

144 North 6th Street

Reading, PA 19601

- Accepts Medical Assistance
- Counseling agency for adults and children. Deals with issues including depression, anxiety, school issues, behavioral issues, family issues, ADHD, grief and trauma.

- Psychiatrist on staff.

Creative Health Services

[610-683-7790](tel:610-683-7790)

11 Robinson Street
Kutztown, PA 19530

- Agency that provides referrals to community resources for individuals and families in need. Does not provide direct counseling services, but can provide referrals and case management services.

You can also contact your local churches in the area, who may be able to provide counseling support, food resources and other needed support.

Please do not hesitate to reach out to any of these resources for additional support. We are all experiencing a great deal of emotions and uncertainty during this trying time and there is help available.

Sincerely,
Joseph E. Macharola, Ed.D.
Superintendent of Schools