



The Ambridge Area High School Guidance Department is committed to providing students with the additional support they need to succeed. As such, we would like to share some information with you on the resources that are available to both you and your student.

One such resource is our School Counseling services. Our Counseling team is dedicated to helping students improve their academic performance, as well as their social and emotional well-being. The team can provide academic guidance, social-emotional planning and help with post-secondary planning. The Counseling team is made up of professionals who work together to identify and address issues that may be hindering a student's success. They can provide support for any social-emotional, career and academic concerns. We kindly ask any social-emotional concerns to be first directed to Mrs. Linda Prevost at 724-266-2833, ext. 2102 to assist in a timely manner. For all other inquiries, please reach out to Guidance Secretary Mrs. Misencik at 724-266-2833, ext. 2377 to be directed to the correct staff member.

Additionally, we offer a variety of programs we can refer your student to that range from counseling to community service organizations. We encourage you and your student to take advantage of these resources and reach out to us whenever you need support. Together, we can help your student achieve their goals and reach their full potential.

The Bridger Closet at Ambridge High School

The Ambridge Area High School Guidance Department works in collaboration with the school nurse to bring students the Bridger Closet, where students can access items needed in the school to succeed including but not limited to: Hygiene items, clothing, winter coats, book-bags and school supplies. If your student would like to access the closet, please have them check in to the front attendance office to be connected with a member for access. We would be glad to provide items for your student and or work on getting access to items that are requested!

The Psychology and Learning Center Counseling at Ambridge High School: 724-371-2000

The Psychology and Learning Center is a valuable resource for school students seeking individual counseling and therapy services long-term during the school day. The Center collaborates with the Ambridge Area High School to provide individual counseling services to students who may request therapeutic and individual social-emotional and or mental health counseling. Students will meet with a trained therapist during their school day at Ambridge High School for their referred service. PLC can provide long-term therapy supports if required. If you are interested in enrolling your student to the PLC Counseling Services team during the school day, the first step is to request the High School Guidance team to submit a referral form from the High School Guidance Office. Please reach out first to Mrs. Linda Prevost at 724-266-2833, ext. 2102 to submit a referral. Alternatively, you can also call Vanessa Casper, the School Based Liaison at 724-371-2000 with any questions or to directly sign-up with their agency.

With the help of the Center's trained professionals, your student can work towards overcoming any personal, social-emotional or academic challenges that they may be facing at the High School. Don't hesitate to reach out for assistance if you feel like your student could benefit from these services.

Positive Steps Counseling with Western PA Psych Care at Ambridge High School: 724-266-2833, ext. 2223

Another therapeutic counseling resource available for your student at Ambridge High School is the Positive Steps Counseling Program. Positive Steps is a resource available to students seeking help in getting academic, social or emotional concerns addressed during the school day. During a school day session, a primary therapist will be emphasizing on helping your student work through barriers and concerns presented during their assigned time. The consultations may involve the child's teachers, paraprofessionals, and school administration if a release is signed for communication.

The concerns that the program addresses include difficulty making friends or frequent complaints of bullying, school avoidance/refusal, frequent school disciplinary actions or truancy, frequent physical complaints, failing grades or frustration in completing school work, change in sleep/eating habits, behavior, or interests. You can contact Mrs. Prevost at the High School Guidance Office at 724-266-2833 ext. 2102 for more information about enrollment or if you have any questions, or directly contact Positive Steps at 724-266-2833, ext. 2223 to begin the enrollment process.

Student Assistance Program “SAP” at Ambridge High School: 724-266-2833, ext. 2102

The Student Assistance Program (SAP) is a process for identifying students who are experiencing barriers to their learning and success in school. SAP offers support to those students, and their families, to help them overcome these barriers. Behaviors that the Student Assistance Program can help with include but not limited to: Class Cuts, Excessive Tardiness, Classroom Disturbance, Decline in Academics and Grades, Concerns in Regards to Students Mental Well-Being, Transitioning to High School, Change in Friendships and Groups, Lack of interest in Extracurricular Activities/Sports, any Social/Emotional and Academic Concerns. If you or your student are also facing eviction, or homelessness, please reach out so school officials can connect families with resources needed during this time.

If your child is experiencing any of the above-mentioned difficulties or any other challenges that are affecting their academic performance, the Student Assistance Program (SAP) is here to help. SAP is a confidential and voluntary program that provides support to students who are facing barriers that may be impacting their academic or personal life.

The SAP team is comprised of trained school and community staff who work together to identify and assist students who may be struggling. They can help connect and refer your child with services that are available both in school and in the community, such as counseling, tutoring, and mentoring programs.

It's important to note that SAP is not a disciplinary program, nor does it replace the role of parents, guardians or therapist/counselor in addressing their child's needs. Rather, it is a collaborative effort between school staff, families, and community resources to ensure that students receive the support and resources they need to overcome obstacles and reach their full potential at the High School.

If you have concerns about your child's academic or personal well-being, don't hesitate to reach out to your school's SAP team. They are there to help and support your child's success. Please call Linda Prevost at 724-266-2833, ext. 2102.

Safe2Say: <https://www.safe2saypa.org> at Ambridge High School:

This program supports students in our middle and high school to utilize an anonymous and secure 24/7 tip line, app, and website to submit anonymous tips regarding student and school safety. Please refer to the website above to make any anonymous tip for the safety of others. Tips are given and worked on by several members of a crises and help center. They triage each tip to ensure there is enough information to act upon, determine if the tip is life safety or non-life safety, as well as conduct on-going support when needed. The crisis center sends all submissions to school administration and/or law enforcement for intervention. If needed, the crisis center may contact the person providing the tip anonymously through the app.

Trained administrators will serve on our school district's Safe2Say Team. Training and information was provided to students at the middle and high school. Students in our elementary schools will not be trained, but any student, parent, or community member is able to submit a tip anonymously using the Safe2Say Something reporting system at the website listed above.

Our district Safe2Say Primary Contact is Dr. Amy Filipowski, 724-266-2833 ext. 1219 for questions.

After School Tutoring at Ambridge High School: 724-266-2833

If your student is struggling with their coursework, it may be helpful to arrange for them to stay after school with their teacher of record for additional assistance. The teacher of record is available for tutoring from 2:30 - 3:00 PM, and the time can be arranged directly with the classroom academic teacher. If you need to find the contact information for your student's teacher, you can find a full e-mail and faculty directory on the Ambridge School District website at www.ambridge.k12.pa.us. By taking advantage of these resources, your student can receive the support they need to succeed in their studies.

The HELP team c/o Pressley Ridge: 724-630-5189

Pressley Ridge Help Team is a mobile crisis and short-term service that provides assistance to individuals in transition age. The team is available to respond to calls within an hour and aims to make face-to-face contact within 24 hours. The service helps to assess, stabilize, and link families to available supports and services with side-by-side support. Referrals can come from various sources including providers, schools, parents/guardians, students, or other outside agencies.

If you are interested in their services, immediate crisis referrals can be made 24 hours a day at 724-630-5189. Alternatively, referrals can be made via the Ambridge Area School District. For those requesting a referral for their student at Ambridge Area High School, please contact Linda Prevost at 724-266-2833, ext. 2102. The team is committed to providing prompt and effective support to those who seek their help.

The Highmark Caring Place: 888-734-4073 - Grief and Loss Support

Finding Support Through Grief at the Highmark Caring Place: Losing someone we love is a journey into a new world, one that we didn't choose to enter. How do we navigate this new world and find a "new normal"? There is no guidebook or map to follow, and well-meaning advice from those who haven't experienced such a loss can often be misguided. However, at the Highmark Caring Place, you can find the support and nurture that you need to cope with this difficult time.

Here, both children and adults are surrounded by others their own age who can relate to their experience of loss. Peers, as well as caring volunteers and staff, provide the support that is necessary to move forward. Through sharing memories with one another, individuals come to find a new place for their loved one in their lives. This support helps to manage the pain of grief, and allows individuals to continue living life in the midst of their sorrow. The program is free of charge to all families and students.

To access this support, please reach out to the High School Guidance office for questions at 724-266-2833, ext. 2102 or contact The Highmark Caring Place directly at 888-734-4073 for enrollment.

Crises Text Line: Text "PA" to 741741

If you or someone you know is going through a difficult time, it's important to know that there are resources available to provide support. One of these resources is the free, 24/7 support offered by texting "PA" to the number 741741. This service is provided by Crisis Text Line, a non-profit organization that aims to provide confidential crisis support to anyone in need.

In addition to the Crisis Text Line, the Beaver County Warmline is also available for support. You can call them at 725-775-9507. The Warmline is staffed from 6PM - 9PM by individuals who have lived experience with mental health challenges and are trained to provide supportive listening and encouragement.

Remember, it's okay to reach out for help when you need it. These resources are available to provide support and connect you with the help you need. It is ok, to not be ok.

Suicide and Crisis Lifeline: 988 24/7 Call, Text, Chat

It's essential to know that it's okay to ask for help when you need it. Mental health is just as important as physical health, and taking care of your well-being is crucial. Fortunately, there are many resources available to provide support and connect you with the help you need.

One of the most recent initiatives is the implementation of a new three-digit emergency hotline number, 988, which can be used by anyone experiencing a mental health crisis. This number connects you to a trained professional who can provide you with support, guidance, and connect you with resources in your area.

In addition to the 988 hotline, there are also many other resources available. You can speak to your doctor or a mental health professional, reach out to a support group, or access online resources. Many organizations, both national and local, provide free or low-cost mental health care, and it's worth researching what is available in your area.

Remember, asking for help is a sign of strength, and seeking support can make a significant difference in your mental health and well-being. Don't hesitate to reach out for support and connect with the resources available to you.

National Suicide Hotline: 1-800-273-TALK

It's important to prioritize mental health and seek help when it is needed. If you or someone you know is struggling with suicidal thoughts or ideation, it's important to reach out for help. One resource that can offer support and guidance is the National Suicide Hotline at 1-800-273-TALK. This hotline is available 24/7 and staffed by trained professionals who can provide crisis counseling, support, and referrals to local resources. Remember, you don't have to go through it alone. Reaching out for help is a courageous step towards healing, and there are people who care and want to help you through this difficult time.

If you or someone you know is experiencing suicidal thoughts or ideation, and/or needs to reach out for help, please call the National Suicide Hotline at 1-800-273-TALK.

Women's Center of Beaver County: 724-775-131

Since 1976, victims and survivors of domestic and sexual violence have found the help and hope they need at the Women's Center of Beaver County. We are here 24 hours a day, 7 days a week. Call our HELPLINE at 724-775-0131. Counselors can also arrange to meet with your student at Ambridge High School if required.

Our services are always confidential and provided free of charge. We provide crisis intervention, emergency shelter, counseling, legal and medical advocacy and prevention education.

The Women's Center advocates for ALL victims and survivors of domestic violence and sexual assault without regard to status, race, ethnicity, gender, age, sexual orientation, physical ability or language.

Center for Hope: 724-251.4899 - Food Items for Ambridge Residents

Low on food or supplies in the house? The Center for Hope is a faith-based, nonprofit organization that is committed to serving the community of Ambridge, Pennsylvania. Our goal is to provide residents with access to food, clothing, education, and youth programs in order to help them thrive and succeed. We are dedicated to ensuring that everyone in our community has the resources they need to live happy, healthy, and fulfilling lives.

If you or your family are in need, we invite you to contact us at the Center for Hope. Our facility is located at 740 Park Road in Ambridge, PA, and our phone number is 724.251.4899. We are here to support you and your loved ones in any way that we can, and we welcome you to reach out to us anytime you need assistance.

At the Center for Hope, we believe that every individual has the potential to achieve greatness, regardless of their circumstances. That's why we are committed to providing a wide range of services and programs that are designed to empower and uplift those who are in need. We look forward to the opportunity to serve you and to help you achieve your goals.

Additional Resources:

Beaver County Crises Hotline (Available 24/7): CALL for Assistance 1.800.400.6180

National Suicide Prevention Lifeline: 800-273-8255

MHA (Advocacy and Family Support): 724.775.4165

A 24/7 source for Local Information: Dial 2-1-1

Homeless Hotline (M - F from 4:30 PM to 8 AM and Sat. & Sun.) 724.494.0726

Adult Protective Services: 724.775.1786

Beaver County Children and Youth Services: 724.891.5800

Women's Center of Beaver County: 724.775.0131

Cornerstone of Beaver County, Housing Help: 724.846.6400

Center for Hope, Ambridge: 724.251.4899

Families Matter, Monaca: 724.770.1920

Salvation Army, Beaver Falls (Food Bank): 724.891.3605

Salvation Army, Rochester: 724.774.8335

Choices Pregnancy Support and Information: 412.444.7696

Emergency Line: 911

Text 988 National Suicide and Crisis Lifeline Call, Text, Talk with someone 24/7