



Helpful School Counseling Resources

CDC Parental Resources Kit – Adolescence

- Specific to COVID
- Tips can be applied to other situations, as they include routine, stress management, staying connected, conversation starters, etc.
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/adolescence.html>

Action for Happiness

- Site dedicated to emotional wellbeing
- New wellness themed calendars each month
- Videos of motivational speakers
- Articles
- Daily App available
- <https://www.actionforhappiness.org>

Mental Health America

- Multitude of resources for mental health wellness, including: blogs, podcasts, advocacy networks, screening tools, crisis resources, and quick fact sheets
- Fact sheet topics include: adapting after trauma and stress, dealing with anger, getting out of thinking traps, processing change, and supporting others
- <https://mhanational.org/tools-2-thrive>

CHOP Psychiatry and Behavioral Sciences

- Patient Stories
- Events
- List of services and treatments
- Appointments: 215-590-7555

- <https://www.chop.edu/centers-programs/child-and-adolescent-psychiatry-and-behavioral-sciences>

The National Suicide Prevention Hotline

- 24-hour, toll free, confidential
- 1-800-273-TALK (8255)
- Routes to nearest crisis center in national network of over 150 centers
- <https://suicidepreventionlifeline.org/>

New Jersey Suicide Prevention Hopeline

- <https://njhopeline.com>
- 1-855-654-6735
- 24/7 Call Support
- Website offers information on when to call for self and others
- Provides local resources

Jefferson Health and Camden County Crisis

- <https://newjersey.jeffersonhealth.org/services/behavioral-health/behavioral-health-treatments>
- 856-428-4357

Online Therapy

- Online counseling service providers and resources for a variety of areas
- Visit [Online Therapy](#) for a full listing of resources

Student Wellness- NJ Department of Education

<https://www.nj.gov/education/safety/wellness/mh/>

<https://www.nj.gov/education/safety/wellness/index.shtml>