

Resources at High Point Regional High School

In the wake of the COVID-19 pandemic, many are at increased risk for experiencing mental health concerns like anxiety and depression. We want you to know that High Point's counseling staff are available to help. If you do not feel comfortable reaching out to a school staff member, you may wish to explore the helplines, online resources, and free mental health apps listed below.

Counseling Center (Room 120)	Child Study Team	Guidance Department
Jessica Imhof jimhof@hpregonal.org	Jaclyn Bambara jaclynbambara@hpregonal.org	Kristen Jaccodine kjaccodine@hpregonal.org
Kyra Whelan kwhelan@hpregonal.org	Andrew Murray amurray@hpregonal.org	Joanne Koch jkoch@hpregonal.org
School Nurse	Teresa Roman troman@hpregonal.org	Donna Lembo dlemb@hpregonal.org
Maryam Holder mholder@hpregonal.org	Marie Sullivan msullivan@hpregonal.org	Beth Walton bwalton@hpregonal.org

Helplines, Online Resources, and Free Mental Health Apps

2nd Floor Youth Helpline (call or text)

- 888-222-2228

Crisis Text Line

- Text HOME to 741741

Online Resources

- Site 120: sites.google.com/hpregonal.org/site120/

Free Mental Health Apps

- Breathe2Relax
 - Guided deep breathing for stress reduction
- What's Up?
 - General coping strategies, uplifting quotes, grounding/breathing exercises, and journaling tools
- Mind Shift
 - Tools for balancing your thinking to better manage anxiety
- Clear Fear
 - Tools for managing anxiety and worry

**If at any time you are experiencing a true mental health emergency,
please call 911 or go to your nearest emergency room.**