

McMahon Family - This is an extraordinarily challenging time. Our Brien McMahon High School community is responding with innovation, creativity, ingenuity, generosity and cooperation. We would like to provide a few resources for those impacted by COVID-19 during this time:

#### NEED TO CONNECT?

- Talk to a peer at Soundview Warmline: 800-921-0359, 9am-9pm, 7 days
- Community Mindfulness Project, free meditation daily at 7am, noon and 7pm: 857-799-9498
- Find details and more online supports and activities at [TheHubCT.org/calendar](https://TheHubCT.org/calendar)

#### SPECIALIZED SUPPORT GROUPS:

- Smart Recovery Videoconferences:
  - Ages 18+ on Tuesday at 6pm
  - Teens on Wednesday at 4pm
  - Family and Friends on Thursdays at 6:30pm  
*Join at [meetings.ringcentral.com/j/6651939516](https://meetings.ringcentral.com/j/6651939516)*
- CT Hearing Voices Network:  
Contact Skye at [scollins@advocacyunlimited.org](mailto:scollins@advocacyunlimited.org)
- Bereavement Center of Westchester  
**Website:** <https://www.bcwtreehouse.org>  
**Email:** [bereavementwestchester@gmail.com](mailto:bereavementwestchester@gmail.com)  
**Phone:** 914-414-9985

#### SUPPORT FOR YOUNG ADULTS:

- CT's Young Adult Warmline:  
Call 1-855-6-HOPENOW daily from 12pm-9pm  
Other hours: Call Patricia at 860-549-2435  
**En Español:** Text Luz at 860-549-2435
- NAMI Young Adult Connection  
Community check-in, daily from 3:30-4:30pm; for more information: [vlepoutre@namict.org](mailto:vlepoutre@namict.org)

#### IN A CRISIS?

- Kids in Crisis: 203-327-KIDS  
**Megan Grasso**  
LMSW, Teentalk Counselor, Brien McMahon High School  
T: 203.622.6556 F: 203.622.8332  
**Website:** [www.kidsin crisis.org](http://www.kidsin crisis.org)  
**Email:** [mgrasso@kidsin crisis.org](mailto:mgrasso@kidsin crisis.org)
- Text the Crisis line at 741741
- National Suicide Lifeline: 800-273-TALK

**En Español:** 888-628-9454

- The Trevor Project (LGBT support) 866-488-7386
- Dial 2-1-1, select option 1 for CT's mobile crisis
- Call 911 and ask for a CIT officer

**IMPORTANT GUIDELINES/INFORMATION:**

- [https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020\\_NASP\\_NASN\\_COVID-19\\_parent\\_handout.pdf](https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf)
- <https://portal.ct.gov/-/media/Coronavirus/CTDPHCOVID19summary4062020.pdf?la=en>

**UNEMPLOYMENT AND ASSISTANCE:**

- <https://www.ctdol.state.ct.us/DOLCOVIDFAQ.pdf>
- <http://www.ctdol.state.ct.us/UI-online/Index.htm>
- <https://portal.ct.gov/-/media/Coronavirus/COVID-19-FAQs.pdf?la=en>

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As we dwell in the eye of the COVID-19 storm, may we find some solace and hope in the bonds we have built over the years, in the ongoing strength of our connections—both in our community at Brien McMahan and beyond.

You are all in our thoughts.