



**Clarkstown Central School District - Office of Pupil Services**  
**Mental Health & Community Resources**

Fall 2020

**Clarkstown Central School District Pupil Services Support:**

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## [Rockland County COVID-19 Community Resource Guide](#)

### **COVID 19 Crisis Services:**

#### **NYS Office of Mental Health COVID-19**

Emotional Support Line-1-844-863-9314 (8am-10pm)

#### **Rockland County COVID-19 Hotline**

845-238-1956

#### **Rockland County Department of Mental Health**

COVID-19 Emotional Support line

Phone: 845-364-2955 (Mon.-Fri. 9am-3pm)

### **General Crisis Services:**

#### **American Foundation for Suicide Prevention**

Call [800-273-8255](tel:800-273-8255) or text [TALK to 741741](tel:TALK741741).

<https://afsp.org/>

**Center for Safety & Change**

24 hour hotline-(845) 634-3344 (local domestic, intimate partner, teen dating violence support)

<https://www.centerforsafetyandchange.org/>

**Behavioral Health Response Team**

845-517-0400 or toll-free at 1-844-255-BHRT (2478) 24/7

<http://www.rocklandhelp.org/>

**Child Abuse Hotline**

1-800-422-4453

**Crisis Text Line**

Text TALK to 741741

<https://www.crisistextline.org/>

**Domestic Crisis 24 hour Hotline**

1--888-438-8700

**Domestic Violence 24 hour Hotline**

1-888-298-7233

**Love Shouldn't Hurt Hotline (Domestic Violence)**

1-800-621-4357

**NYS Office of Mental Health**

Emotional Support Line-1-844-863-9314

<https://omh.ny.gov/omhweb/covid-19-resources.html>

8am-10pm, 7 days a week

**Sanctuary Runaway Hotline**

1-800-786-2929

**National Eating Disorders Association**

1-800-931-2237

<https://www.nationaleatingdisorders.org/>

**National Suicide Prevention Lifeline**

1-800 273-TALK (8255)

<https://suicidepreventionlifeline.org/>

<https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

***Family Services:*****Saint Dominic's Family Services- Youth Behavioral Health Information and Referral Line**

Family Peer Advocates can help answer questions about behavioral health resources in the community

**Phone: 833-YOUTHBH, 833-968-8424**

**NAMI (National Alliance on Mental Illness)**

Phone: Rockland Helpline-845-359-8787

Email: [info@namirockland.org](mailto:info@namirockland.org)

[www.namirockland.org](http://www.namirockland.org)

**NAMI Rockland Family Peer Support Services**

Supports for families with a child experiencing emotional or behavioral health concerns

Phone: 845-359-8784

Email: [familysupport@namirockland.org](mailto:familysupport@namirockland.org)

**Grief Support:**

**Hospice**

845-634-4974

<https://unitedhospiceinc.org/>

**Cavalry hospital**

(646) 739-1005

free support group for losses from COVID-19-To set up an intake

[www.calvaryhospital.org/bereavement](http://www.calvaryhospital.org/bereavement) (Thursdays-1-2:30)

**Rockland Jewish Family Services**

Carol King, LCSW, 845-354-2121 x142

Offering online bereavement support. Offering a group for family and friends who lost someone to COVID-19. Conducting an After Shiva group for those grieving spouses or life partners.

**Food:**

**Clarkstown Central School District Food Program**

**Felix Festa Middle School - pickup between 10-12 on Mondays and Thursdays until 9/3/2020.**

**Beginning September 3rd 2020, meals are for school days only following the National School Lunch Program requirements.**

**[Find Meals for Kids When Schools are Closed | USDA-FNS](#)**

**[Rockland County COVID-19 Community Resource Guide](#)**

**\*\*\* PLEASE VISIT FOR DETAILED FOOD INFORMATION\*\*\***

**[www.rocklandhunger.org](http://www.rocklandhunger.org)**

**LGBTQ Support:**

**CANDLE Youth Pride**

<https://www.candlerockland.org/>

Eva Dolgin & Jay Tyler ([edolgin@candlerockland.org](mailto:edolgin@candlerockland.org) or [jtyler@candlerockland.org](mailto:jtyler@candlerockland.org))

### **The Rockland County Pride Center**

Alex Francisco [Alex@rocklandpridecenter.org](mailto:Alex@rocklandpridecenter.org) or [Pride@Rocklandpridecenter.org](mailto:Pride@Rocklandpridecenter.org)

### **Rockland PFLAG**

845-202-1620

[www.rocklandpflag.org](http://www.rocklandpflag.org)

### **The Trevor Project: LGBTQ Lifeline:**

Phoneline: 1-866-488-7386

Text line: Text START to 678678

Online Groups: <https://www.trevorspace.org>

Q Space: LGBTQ Online chat forums <https://www.qchatspace.org/>

### ***Mental Health Services:***

#### **Four Winds Hospital**

1-800-528-6624

<https://www.fourwindshospital.com/>

#### **High Focus Centers**

1-800-877-3628

[highfocuscenters.com](http://highfocuscenters.com)

#### **Volunteer Counseling Services**

845-634-5729

<https://vcs-inc.org/>

### ***Self Help Support Groups:***

#### **Al-anon/alateen (support for family/friends of a substance abuser):**

<https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

#### **Alcoholics Anonymous:**

<https://rocklandnyaa.org/info-on-covid-19/rockland-county-zoom-meetings/>

#### **Marijuana Anonymous:**

<https://marijuana-anonymous.org/find-a-meeting/>

#### **Narcotics Anonymous:**

<https://na.org/>

#### **Overeaters Anonymous:**

<https://marijuana-anonymous.org/find-a-meeting>