Mental Health Resources
for Mt. Hebron High School, HCPSS, and Howard County
(Updated 4/15/2020)

Please check out the first issue of  [The School Counseling Connection: HCPSS High School Counseling Weekly Newsletter](https://hcpss.instructure.com/courses/34480/pages/student-services-community-star-wellness) that can be found under the "Wellness" tab on the Student Services page.

Take care,

Your MHHS School Counseling Team

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At Mt. Hebron:

Mr. Klyap, School Psychologist is offering Office Hours Monday through Friday from 9:45 am to 10:45 am for students, staff, and parents. You may schedule a time by emailing Mr. Klyap at John\_Klyap@hcpss.org.

If you have an immediate need for help with depression, suicidal thoughts, or other serious mental health issues, please contact:

Grassroots Crisis Intervention at 410-531-6677

The Maryland Crisis Hotline: Dial 211 and then choose option 1

The Crisis Text Line: Text 741741 and a trained counselor will respond.

The National Suicide Prevention Hotline at 1-800-273-8255

**From HCPSS Continuity of Learning Updates April 14, 2020**

**Counseling Services for Students, Families and Staff**
The COVID-19 pandemic has made this an especially stressful time for many, especially those already impacted by mental health concerns. Find [information about local and online resources](http://track.spe.schoolmessenger.com/f/a/CWVuv-PL6MDPTE1Dj3K5cw~~/AAAAAQA~/RgRgd0tBP0RQaHR0cHM6Ly93d3cuaGNwc3Mub3JnL2hlYWx0aC9jb3JvbmF2aXJ1cy91cGRhdGVzLyMyMDIwLTAzLTE2LWNvdW5zZWxpbmctc2VydmljZXNXB3NjaG9vbG1CCgBIwReWXkpafTBSEGNib2R6aWFrQGFvbC5jb21YBAAAAAE~) for counseling and mental health supports for you and your family on our website.

**CARE (Child and Adolescent Resources and Education) Line**
The Howard County Office of Children and Families provides a free information and referral service for questions about behavior, child care, special needs, health and mental health concerns, financial assistance and other topics. The CARE line staff works with families to identify their needs and help find solutions. Call 410-313-CARE (2273) (voice/ relay) or email children@howardcountymd.gov. More [details online](http://track.spe.schoolmessenger.com/f/a/K0lwoSQ7hmYmmQxQ7u0DAA~~/AAAAAQA~/RgRgd0tBP0R5aHR0cHM6Ly93d3cuaG93YXJkY291bnR5bWQuZ292L0RlcGFydG1lbnRzL0NvbW11bml0eS1SZXNvdXJjZXMtYW5kLVNlcnZpY2VzL09mZmljZS1vZi1DaGlsZHJlbi1hbmQtRmFtaWxpZXMvVGhlLUNBUkUtTGluZVcHc2Nob29sbUIKAEjBF5ZeSlp9MFIQY2JvZHppYWtAYW9sLmNvbVgEAAAAAQ~~).

**Help Community Members Through Donating Funds**
Four local philanthropies have announced new emergency funds and actions to support community members affected by COVID-19. The Community Foundation of Howard County, Horizon Foundation, United Way of Central Maryland and Women's Giving Circle of Howard County are working together to assess where assistance may be needed, provide funding, and accept donations to assist Howard County nonprofits on the front line of support, focusing on assisting with food security, housing, childcare and healthcare. For more information visit [https://www.thehorizonfoundation.org/coronavirus-response/](http://track.spe.schoolmessenger.com/f/a/S4wUE20iaLmsrQ0w82jx6w~~/AAAAAQA~/RgRgd0tBP0Q6aHR0cHM6Ly93d3cudGhlaG9yaXpvbmZvdW5kYXRpb24ub3JnL2Nvcm9uYXZpcnVzLXJlc3BvbnNlL1cHc2Nob29sbUIKAEjBF5ZeSlp9MFIQY2JvZHppYWtAYW9sLmNvbVgEAAAAAQ~~).

**MENTAL HEALTH & COMMUNITY SERVICES**

* [HCPSS Meal Service Information](https://news.hcpss.org/news-posts/2020/03/hcpss-to-expand-free-meal-service-during-school-closures-through-april-24-2020/)
* [Community Action Council- Food Bank](https://www.cac-hc.org/)
* [Howard County Government Community Services](https://www.howardcountymd.gov/Departments/Community-Resources-and-Services/Office-of-Children-and-Families/The-CARE-Line)
* Informaton on [Maryland Health Connection’s Special Enrollment Period](https://www.marylandhealthconnection.gov/coronavirus-sep/?eType=EmailBlastContent&eId=d3e4c627-8004-4968-a4cc-3fe23f8d4608) to uninsured Marylanders who need health coverage during the State of Emergency for Coronavirus (COVID–19)
* [MDH FAQs on Mental Health](https://phpa.health.maryland.gov/Documents/FAQ_covid19_Maintaining_Mental_Health.pdf)
* **Medicaid** – Use the online portal at www.marylandhealthconnection.gov or call 1–855–642–8572
* **MA Transportation Program** – Contact Matransport@howardcountymd.gov. Emailed rides will be scheduled within 24 hours. If your appointment is able to be rescheduled to a later date, please do reschedule.
* **Behavioral Health:** Programs working virtually. Call 410–313–6202. In a crisis call 410–531–6677 (local) or 211 (statewide)
	+ **Resources and Referrals** – HCHD Behavioral Health Community Services Directories page or [Network of Care Directory of Services](https://howard.md.networkofcare.org/mh/)
	+ **Clinical Services by Appointment Only** – Appointments must be scheduled in advance by calling the program or 410–313–6300
	+ **Community Hygiene** – 410–313–1773

Visit the Howard County Health Department website at [www.hchealth.org](https://www.hcpss.org/health/coronavirus/www.hchealth.org) for more information and services.