

Mental Health Resources

Elementary School

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Beck Elementary School: Gina Miscannon, (570)-286-3725 ext. 2517,

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Middle School

Shikellamy Middle School: Lisa Pfleegor, pfleegorl@shikbraves.org, (570)-286-3736 ext. 2448

Jordan Rickert, rickertj@shikbraves.org, (570)-286-3736

High School

Shikellamy High School: Liz Deitrich, deitriche@shikbraves.org, (570)-286-3702 ext. 2368

Rob Donlan, donlanr@shikbraves.org, (570)-286-3702 ext. 2369

Fred Coleman, colemanf@shikbraves.org, (570)-286-3702 ext.2370

District Contacts: (School Social Worker) Mike Farronato, farronatom@shikbraves.org

(High School Student Assistance Coordinator) Rob Donlan, donlanr@shikbraves.org,

570-286-3702 ext. 2369

Crisis Resources

*National Suicide Prevention Lifeline: 1-800-273-8255

*Crisis Text Line: Text 'Help' to 741741

*Northumberland County Residents Local Crisis Line: 570-495-2040 after hours
1-855-313-4387

*Northumberland County Children & Youth: 570-988-4237

*Northumberland County Drug & Alcohol: 570-495-2154

*Transitions of PA: 120 South 3rd St. Lewisburg. 1-800-850-7948, transitionsofpa.org

*The Women's Center, Bloomsburg (570) 784-6632, <http://thewomenscenterinc.org/>

*Central Pennsylvania Food Bank- 1-877-999-5964

Additional Resources

- CDC's "[Manage Anxiety and Stress](#)" page provides what stress can look like and tips to manage that stress.
- The National Child Traumatic Stress Network has a [guide](#) for parents and caregivers to help families cope with the Coronavirus Disease 2019 (COVID-19)
- Mental Health America has compiled a range of resources and information on their "[Mental Health and COVID- 19](#)" page.
- SAMHSA's "[Coping With Stress During Infectious Disease Outbreaks](#)" page outlines the signs of stress and steps you can take to alleviate stress.
- SAMHSA's "[Taking Care of Your Behavioral Health](#)" page provides tips for social distancing, quarantine and isolation during an infectious disease outbreak.
- SAMHSA's "[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)" page provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak.
- Vibrant Emotional Health's [Safe Space](#) provides interactive coping tools to help users when they need it.
- If you feel you or someone you know may need emotional support, please visit the Lifeline's website at suicidepreventionlifeline.org for helpful resources or call 1-800-273-TALK (8255). The Lifeline is free, confidential, and available to everyone in the U.S. You do not have to be suicidal to call the Lifeline.
- The NYS Office of Mental Health's "[Managing Anxiety in an Anxiety Provoking Situation](#)" resource page provides tips for all on how to manage anxiety surrounding the COVID-19 outbreak.
- If you're worried that someone in your life may be suicidal, you can use the Lifeline's [5 steps to help someone that may be in suicidal crisis](#).
- PA Department of Education has a list of [suicide awareness/ prevention education resources](#) for students, parents, and schools.
- The PA Parent and Family Alliance has compiled [useful resources for families and providers across the state](#). Currently the list has over 200 resources in areas such as education, mental wellness, work, necessary services, art, relaxation, and much more.

It's Okay to Ask for Help.

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www.suicidepreventionlifeline.org

Dating Violence/Domestic Violence Resources:
National Domestic Violence Helpline: 1-800-799-7233

National Sexual Assault Helpline: 1-800-656-4673
National Teen Dating Abuse Helpline: 1-866-331-9474
Teen Dating Abuse Text: Text "loveis" to 22522
www.loveisrespect.org

Drug and Alcohol Abuse Resources: PA Drug and Alcohol Helpline: 1-800-662-HELP Northumberland County Residents Local Helpline: 570-495-2154

Other Resources: LGBTQ+ Youth Hotline: 1-800-246-7743 National Eating Disorders Hotline: 1-800-931-2237 National Alliance on Mental Health: 1-800-950-6264 Teen Line: 1-800-852-8336 or Text 'Teen' to 839863 www.teenlineonline.org
www.walkinourshoes.org www.teencentral.com

If you are experiencing an emergency, dial 911 or go directly to your local Emergency Room.

Central Pennsylvania Food Bank- 1-877-999-5964