

Greetings Raider Family,
We are here to assist you and your child during this difficult time. We know that these current events are very stressful. If you have any questions or other concerns, please reach out and or check our resources links

Counselors are available by email

ljhill@mcpsps.com 9th & 10th Grade Guidance Counselor
sdailey@mcpsps.com 11th & 12th Grade Guidance Counselor

Resources:

<https://www.american.edu/centers/cprs/school-counselor-covid-19-resources.cfm>



[School Counselor
COVID-19 Resources |
American University,
Washington, DC](#)

You are here: American University
Centers Center for Postsecondary
Readiness and Success COVID-19
Resources for School Counselors

...
www.american.edu

Lifelines of Mobile 705 Oak Circle Drive East Mobile, AL 36609 251-602-0909

<http://www.lifelinesmobile.org>

[Lifelines Counseling Services : Real Solutions for
Family Counseling, Credit Counseling, Rape Crisis
in Mobile, Alabama](#)

Healing is a journey. Let the journey begin today! We are here to provide real solutions to real problems. Let our professionals help point you in the right direction.

www.lifelinesmobile.org

AltaPointe Health Systems 5750-A Southland Dr. Mobile, AL 36693 (251) 450-2211 <http://altapointe.org>

AltaPointe Health Systems plans and facilitates a comprehensive, behavioral healthcare system that

promotes the wellness and recovery of people living with mental illness, substance abuse and developmental disability.

Catholic Social Services of Mobile 188 S. Florida Street Mobile, Alabama 36606 (251) 434-1550
<http://www.catholicsocialservicesmobile.com> The mission of Catholic Social Services in the Archdiocese of Mobile is to provide service to people in need, to advocate for justice in social structures, and to call the entire church and people of good will to do the same.

[MCHD - Mobile County Health Department](#)

MCHD's Official Website. Please follow this link to view any active legal notices or bids that MCHD is advertising ...
mchd.org

Mobile Health Department 251 N Bayou Street Mobile, AL 36603 (251) 690-8158 <http://mchd.org/General/Home.aspx>

Pre Registration

<https://bcrainmcpssal.schoolinsites.com/sys/content/newspost/670aa22e64b942d68075bc9ff6b323b5>

Kuder

For students & parents

PreK-5th grade: [Click here for Kuder Galaxy!](#) (Free Right Now for Students!)

8th grade Kit: [HERE](#) Part I has a video & worksheet on exploring pathways and occupations in Kuder.

Middle & High School:

- ✓ [Click HERE for student videos to use Kuder for College & Career Planning](#)
- ✓ [FAFSA, Scholarships, College Search, Choosing a Major](#)



Connects Alabama



NEED HELP? CONTACT 2-1-1

Your link to community resources.

- Child and Family Services
- Utilities & Housing Services
- Health/Mental Health Services
- Food Assistance
- Education/Training Services
- Disaster Relief & Recovery

CALL | TEXT | CHAT
 DIAL 2-1-1 • CALL OR TEXT 888-421-1266 • VISIT 211CONNECTSALABAMA.ORG

FIND HELP LOCALLY

2-1-1 links the caller to:

- **Basic Human Needs:** food, clothing, shelter, and other basic needs
- **Physical & Mental Health:** health insurance programs, Medicaid and Medicare, intervention services, support groups, counseling, drug and alcohol intervention, victim services, and rehabilitation
- **Employment Support:** Earned Income Tax Credit (EITC), financial assistance, job training, transportation assistance, education programs, and foreclosure prevention services
- **Support for Senior Citizens:** adult day care, respite care, home health care, transportation, specialized services for individuals of all ages with disabilities, employment assistance
- **Support for Children, Youth, & Families:** child care, after-school programs, family resource centers, mentoring, tutoring, and protective services

GET HELP DURING A CRISIS

During a disaster such as a hurricane or tornado, a 2-1-1 Community Resource Specialist links the caller to resources such as:

- Emergency Shelters
- Food Distribution Centers
- State and Federal Assistance
- Volunteer Opportunities
- Grief Counseling
- Clean-up Crews
- Potable water, ice, food
- Emergency Financial Assistance

GIVE HELP

Get linked with a local nonprofit or faith based organization that could benefit from your time and talents.

ONLINE SERVICES

Visit www.211connectsalabama.org to do online searches or "chat" with one of our Community Resource Specialists.

TEXT "HELP" TO 888-421-1266

Finding Help: National Resources



For Local Resources, please call your county's social services number

Crisis Resources

National Suicide Prevention Lifeline.....800.273.8255, suicidepreventionlifeline.org

Crisis Text Line.....Text HOME to 741741, crisistextline.org

Community Resources

Teen Line - Youth Crisis.....310.855.4673, Text TEEN to 839863, teenlineonline.org

Veterans Crisis Line.....800.273.8255 and Press1, or Text 838255, veteranscrisisline.net

The Trevor Project (LGBTQ Youth).....866.488.7386, Text TREVOR to 202.304.1200, thetrevorproject.org

Trans Lifeline (Transgender Youth/Adults).....877.565.8860, translifeline.org

Suicide Prevention

Suicide Awareness Voices of Education.....888.511.SAVE (7283), SAVE.org

Suicide Prevention Resource Center.....877.438.7772, sprc.org

American Association of Suicidology.....202.237.2280, suicidology.org

Mental Health

National Alliance on Mental Illness (NAMI).....800.950.6264, nami.org

National Institute of Mental Health (NIMH).....866.615.6464, nimh.nih.gov

Anxiety and Depression Assoc. of America.....240.485.1001, adaa.org

Depression and Bipolar Support Alliance.....800.826.3632, dbsalliance.org

Coping With Grief

Suicide Awareness Voices of Education.....888.511.SAVE (7283), SAVE.org

The Dougy Center for Grieving Children and Families.....503.775.5683, dougy.org

The Compassionate Friends.....630.990.0010, compassionatefriends.org

Finding Treatment

Substance Abuse and Mental Health Services Administration (SAMHSA).....877.726.4727, samhsa.gov

Mental Health America.....703.684.7722, mentalhealthamerica.net

MentalHelp.....888.993.3112, mentalhelp.net

Theravive.....360.350.8627, theravive.com

Learn more at save.org

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