

SDHS Fall 2020 Social Emotional Supports for Students

1. YOUTH online TOBACCO EDUCATION PROGRAM HELPING YOUTH QUIT & LIVE TOBACCO-FREE for more info contact Mary Berquist
MCBerquist@Worcesterk12.org
2. Access Counselors remotely
 - a. 9th grade LRSharkey@worcesterk12.org 410-635-1292
 - b. 10th Grade VLHayes@worcesterk12.org 410-756-0722
 - c. 11th-12th grade A-K MVRedden@worcester12.org 410-641-4410
 - d. 11th-12th grade L-Z VARiley@worcesterk12.org 410-553-5039
3. Counseling Corner in Schoology
4. Teletherapy through Health Department
Worcester County Health Department—Phone **410-629-0164**
5. Other providers of teletherapy
 - a. Seaside Counseling—410-213-7875
 - b. Chesapeake—410-973-2820
6. Mental Health Apps
 - a. Headspace—mindfulness
 - b. Calm—Mindfulness
 - c. Stop, Breathe, Think—mindfulness
 - d. Happify—Stress-relief
 - e. Mind shift—anxiety/stress-relief
 - f. Self-Help for Anxiety Management—anxiety relief
 - g. Colorfy—mindfulness coloring book