



Riverside High School A Message from Your Unified Mental Health Team



Loudoun County Public Schools (LCPS) created a Mental Health, Wellness and Community Resources webpage for families in need to use during the school closure: <https://sites.google.com/lcps.org/resourcesforfamilies/home>

This resource page provides families with information on Community Resources, Access to Basic Needs, Mental Health and Crisis Counseling, Reducing Stress and Anxiety, Substance Abuse Resources, and Resources to Support Learning. If you haven't already done so, we encourage you to check it out!

MEET OUR MENTAL HEALTH STAFF

Cassandra Asekhauno School Counselor	Kevin Burke School Counselor	Kim Harris School Counselor	Sue Pangman School Counselor
Anna Rizzo School Counselor	Evan Rodgers School Counselor	Tracy Wood School Counselor	Kim Hager Student Assistance Specialist
Luke Mason Director of Counseling	Noelia Garcia-Gettmann School Psychologist	Frances Jester School Social Worker	Chelsea Northman Administrator

PARENT(S)/GUARDIAN(S): If you are uncertain about the best approach for supporting your child's mental health needs during the school closure, you can e-mail our school-based mental health professionals to ask questions. Mental health staff are expected to respond within 24 hours (not including weekends), therefore this resource should **not** be used for urgent situations.



E-mail QR Code

E-MAIL: RiversideMentalHealth@lcpsorg.onmicrosoft.com

EMERGENCY: HOW DO I ACCESS HELP NOW?

Visit <https://www.lcps.org/Page/220727> for more information.

In an emergency, call 911 and ask for a Crisis Intervention Team (CIT) deputy or officer.

There also are resources available 24 hours, 7 days a week for youth experiencing depression, suicidal thoughts or other behavioral crises. Through Loudoun County Mental Health, Substance Abuse, and Developmental Services, help is available at 703-777-0320 for youth experiencing an immediate and severe emotional crisis. The Crisis Intervention Team Assessment Center, located at 102 Heritage Way, Leesburg, Virginia, is open from 7:00 a.m. to 11:00 p.m. daily, and mental health professionals are available for anyone in crisis. Additionally, all Loudoun County emergency rooms can assess for suicide risk and make recommendations for appropriate follow-up care.