



John W. Tolbert Jr. Elementary School

A Message from Your Unified Mental Health Team (UMHT)

**DID YOU
KNOW**

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



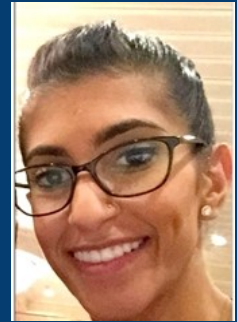
Michelle Mooney
School Counselor



Becky Blair
School Counselor



Caitlin Cells
School Psychologist



Parisa Bigdeli
School Social Worker

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: TolbertMentalHealth@lcpsoft.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.