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

If you haven’t visited the website, we encourage you to check it out. There are valuable resources for families that include Community Resources, Access to Basic Needs, Resources to Support Learning, Substance Abuse Resources, Mental Health and Crisis Counseling and Reducing Stress and Anxiety.

Meet our Mental Health Staff

School Counselors:
- Sarah Coleman
- Richard Bader
- Mary Meinhardt
- Lily Carlyle
- Stefanie Andraos/ Chehnaz Rehayem (Long Term Sub)
- Lauren Gibson

School Social Worker: Sadaf Khan, Long-Term Substitute
School Psychologist: Virginia Larsen
Substance Abuse Specialist: Keith Robinson

Director of School Counseling: Rae Ann Paolozzi

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 and holidays), therefore this resource should not be used for urgent situations.

E-MAIL: PotomacFallsMentalHealth@lcps.org.onmicrosoft.com

EMERGENCY: HOW DO I ACCESS HELP NOW?

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

How do I access help now?

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Lowndoun County Resources:
- Loudoun County Mental Health Emergency Services (703-777-6329)
- Stone Spring Hospital (571-349-4000)
- Inova Hospital (703-858-6048)
- Wheeler Family ED (703-737-7532)
- Inova Health Plex (571-612-6400)

Free Resources 24/7:
- PRS Crisis Link: 703-597-4077 or text "CONNECT" to 855-11
- National Suicide Prevention Lifeline 1-800-669-4357
- Children’s Regional Crisis Response (CRSP): 844-627-4747 (English & Espanol)
- Hopeline: call 800-784-2453 or Text “HOPELINE” to 741741

You may also visit https://www.lcps.org/Page/220727 for additional non-urgent information.