



Pinebrook Elementary School

A Message from Your Unified Mental Health Team (UMHT)

Loudoun County Public Schools (LCPS) has created a Mental Health, Wellness and Community Resources webpage for families 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 .

The United Mental Health Team at Pinebrook Elementary School



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PARENT(S)/ GUARDIAN(S): If you are uncertain about the best approach for supporting your child's mental health needs during the school closure, please e-mail Pinebrook's Unified Mental Health Team 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.

Email: PinebrookMentalHealth@lcpsof.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.