

River Valley School District

SOCIAL-EMOTIONAL SUPPORTS AND COMMUNITY RESOURCES

River Valley School District support staff are available for *any* student or family struggling at this time.

Matt Cook, Three Oaks and Chikaming Elementary School Counselor:
mcook@rivervalleyschools.org

Elizabeth Kickert, River Valley Middle-High School Social Worker:
ekickert@rivervalleyschools.org

Gregory Shaffer, River Valley Middle-High School Guidance Counselor:
gshaffer@rivervalleyschools.org

Libby Lake, River Valley School District Family Therapist:
elake@rivervalleyschools.org

COMMUNITY MENTAL HEALTH RESOURCES

Riverwood Center

1485 M-139

Benton Harbor, MI 49022 269-925-0585 or 1-800-336-0341

Children's Mobile Intensive Crisis Team

(269) 934-0747 (no insurance/out of pocket costs)

Children's Advocacy Center of Southwest Michigan

4938 Niles Road

St. Joseph, MI 49085 269-556-9640 info@swmichigancac.org

Lory's Place- Grief Support

1234 Napier Avenue St. Joseph, MI 49085 269-983-2707 lorysplace.org

Outcenter

269-925-8330

(free onsite counseling)

Suicide Prevention Lifeline

1-800-273-8255

Crisis Text Line

<https://www.crisistextline.org/>

Text HOME to 741741

Provides 24-hour confidential, text support by a trained crisis counselor, to people in crisis

Gryphon Place

Helping those in conflict and crisis: <https://gryphon.org/>

Ok2Say: Anonymous tips of potential harm to students

<https://www.michigan.gov/ok2say/> Phone: 1-855-565-2729

Text: 652729

LOCAL AREA COMMUNITY RESOURCES

Neighbor by Neighbor

Provides connection to social services in the area <https://nbyharborcountry.org/>

269-231-0648

211

<https://www.mi211.org/>

A free and confidential service that helps people find local resources they need

Southwest Michigan Community Agency

Food assistance, utilities, assistance for people with basic needs 185 E Main St, Ste 303

Benton Harbor, MI 49022

(269) 925-9077

contact@smcaa.com www.smcaa.com

Harbor Country Mission

Harbor Country Mission Harbor Country Mission aids those who are in and on the border of financial poverty.

(269) 326-0077

9600 Red Arrow Highway Bridgman, MI 49016

<http://www.harborcountrymission.org/> admin@harborcountrymission.org

Comcast: Internet Access

SUPPORTING FAMILIES TO DISCUSS CORONAVIRUS:

Free Wifi with no credit check/contract

<https://www.internetessentials.com/>

- [Common Sense Media: *Help Your Family De-Stress During COVID-19 Uncertainty*](#)
- [Child Mind Institute: *Talking to Kids about COVID-19*](#)
- [Child Mind Institute: *Supporting Kids During COVID-19: Tips for Nurturing and Protecting Children at Home*](#)
- [National Assoc.of School Nurses and School Psychologists: *Talking to Children about COVID-19*](#)
- [CDC: *Talking to kids about COVID-19*](#)

- Substance Abuse and Mental Health Services Administration: *Coping with Stress During an Infectious Disease Outbreak:*
- Go Zen: *Help Kids Cope Around the Coronavirus (Three Expert Videos)*