

## High Point Regional High School Mental Health and Counseling Resources

We want you to know that High Point's counseling staff are available to help. Below are the names and emails of staff members you can reach out to for support. If you do not feel comfortable reaching out to a school staff member, you may wish to explore the helplines, online resources, and free mental health apps listed below.

<b>Director of Special Education, Child Study, and Guidance</b>	<b>Child Study Team</b>	<b>Guidance Department</b>	<b>School Nurse</b>
<b>Courtney Delaney</b> cdelaney@hpregonal.org	<b>Teresa Roman</b> troman@hpregonal.org  <b>Marie Sullivan</b> <a href="mailto:msullivan@hpregonal.org">msullivan@hpregonal.org</a>  <b>Kyra Whelan</b> kwhelan@hpregonal.org  <b>Natalie Smetana</b> nsmetana@hpregonal.org	<b>Jessica Cardinal</b> jcardinal@hpregonal.org  <b>Cheyenne Finocchiaro</b> cfinocchiaro@hpregonal.org  <b>Kevin Flatierre</b> <a href="mailto:kflatierre@hpregonal.org">kflatierre@hpregonal.org</a>  <b>Kristen Jaccodine</b> kjaccodine@hpregonal.org  <b>Maggie Meyer</b> <a href="mailto:mmeyer@hpregonal.org">mmeyer@hpregonal.org</a>  <b>Cara Pagan</b> cpagan@hpregonal.org	<b>Maryam Holder</b> mhholder@hpregonal.org

### Helplines, Online Resources, and Free Mental Health Apps

#### **2<sup>nd</sup> Floor Youth Helpline (call or text)**

- 888-222-2228

#### **Crisis Text Line**

- Text HOME to 741741

#### **PerformCare**

- Tel: (877-652-7624)
- [www.performcarenj.org](http://www.performcarenj.org)
- [Informational Video](#)

#### **NJ Counselors Association Listing of Mental Health Resources**

- <https://www.njsca.org/njresources>

## **Free Mental Health Apps**

- Breathe2Relax
  - Guided deep breathing for stress reduction
- What's Up?
  - General coping strategies, uplifting quotes, grounding/breathing exercises, and journaling tools
- Mind Shift
  - Tools for balancing your thinking to better manage anxiety
- Clear Fear
  - Tools for managing anxiety and worry

---

**If at any time you are experiencing a true mental health emergency,  
please call 911 or go to your nearest emergency room.**