

Mental Health & Wellness Resources at RMHS

School Counselors Counselor Contact Info



- Individual Check-ins for stress, anxiety, issues with friends and family
- Academic support/time management
- Coping skills
- Conflict coaching/resolution
- Advocacy with teachers on behalf of students

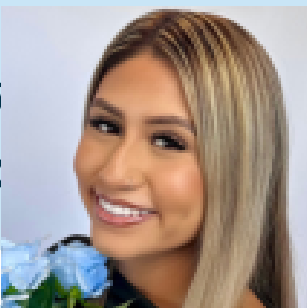
Pupil Personnel Worker Tawana Harris



- Resource identification for housing, food, shelter, transportation, residency, community-provided mental health services, etc.
- Support for regular school attendance

Bridge to Wellness

Youth Development Specialist Leslie Espinoza



- Mentoring
- Positive youth activities
- Psychoeducation groups
- Check-ins
- Sports activities
- Recreation activities
- Leadership development
- SSL opportunities
- Workforce development

Mental Health Therapist Tommy Keane



- Longer-term Individual therapy
- Group therapy
- Family therapy
- Referrals for additional mental health services

Care Manager Lili Quijano



Connecting families to resources and information such as:

- Food/housing/rental location and application assistance
- Mental Health resource connection
- Insurance application assistance

District Wide and Community Mental Health & Wellness Resources

CRISIS CENTER

- Free Crisis services 24 hours a day/365 days a year
- Services are provided by telephone at **240-777-4000** or in person at **1301 Piccard Drive, Rockville, MD**

NATIONAL SUICIDE PREVENTION HOTLINE

- Call, text 988
- Chat at: suicidepreventionlifeline.org/chat

SAFE SCHOOLS MARYLAND

- Report concerns about the safety in school or of other students
- Call 1-833-MDB-SAFE (632-7233)

ADDITIONAL MCPS SUPPORTS

- Click here for: [Additional Community and National Resources](#)

CAAS (CHILD AND ADOLESCENT ASSESSMENT SERVICES)

- Confidential mental health assessments and screening for substance abuse for youth up to age 18 who live in Montgomery County.
- Referrals for mental health and substance use treatment substance use education and classes
- Contact: CAAS@montgomerycountymd.gov
1301 Piccard Drive, Rockville, MD

EVERYMIND

- Crisis prevention and intervention services
- Call: 301-424-0656

SAMHSA (SUBSTANCE ABUSE & MENTAL HEALTH SERVICES ADMIN)

- National Helpline is a free, confidential, 24/7 treatment referral and information service (in English and Spanish) for mental and/or substance use disorders.
- Call: 1-800-662-HELP (4357)