



## Student and Family Mental Health Resources

Does your child, family, or someone you know need help during this COVID-19 crisis? We are here to help.

The links listed below are suggestions of mental health service providers and programs that can assist you in finding the appropriate help that is needed.

### Niagara County Social Services

[Niagara County Dept of Mental Health 24 Hour Crisis Hotline](#) - Phone

24 hours (716) 285-3515

<https://www.niagaracounty.com/Portals/0/docs/MentalHealth/SPCNY%20Parents%20Brochure.pdf?ver=2018-03-09-140555-573>

<https://www.niagaracounty.com/socialservices/Programs/Child-Protective-Services>

### New York State Office of Mental Health

[https://omh.ny.gov/omhweb/suicide\\_prevention/](https://omh.ny.gov/omhweb/suicide_prevention/)

<https://suicidepreventionlifeline.org/talk-to-someone-now/>

[2-1-1 Western New York Health & Human Services](#) - (716) 285-3515

### New Directions Youth and Family Services

[www.ndyfs.org](http://www.ndyfs.org), (716) 433-4487

### Kids Escaping Drugs

[Flyer for Admissions](#)

### Life Matters

<http://www.lifematters.com/parentnb.asp>

### National Parenting Center

<http://www.tnpc.com/>

### Positive Parenting

<http://positiveparenting.com/>

### Parent Network of NY

<http://parentnetworkwny.org/>

### SKIP of NY (free resources for parents of students with disabilities)

<http://skipofny.org/what-we-do/how-we-help/>

### Empowering Parents

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

**Niagara County Office for the Aging (716) 438-4020**

**Addict to Addict (716) 836-2726**

**Bereavement Hotline (716) 332-0202 through Buffalo Diocese Office of Mental Health**

**COVID-19 Emotional Support Helpline**

1-844-863-9314

8:00 am to 10:00 pm

7 days a week

**How to Talk to your Child about Coronavirus**

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

**Helping Children Cope Emotionally**

<https://www.aaets.org/helping-children-cope-emotionally-with-coronavirus>

**Link for Managing Stress and Anxiety**

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

**“The Yucky Bug” by Julia Cook** Appropriate for elementary level

<https://www.youtube.com/watch?v=ZD9KNhmOCV4&feature=youtu.be>

**The Boys Town National Hotline**® (800-448-3000) is a free resource and counseling service that assists youth and parents 24/7, year round, nationwide.

[www.boystown.org](http://www.boystown.org)

**Kids Helpline**

716-834-1144

1-877-KIDS-400

**National Association of School Psychologists**

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

**Still not sure who to turn to? Want to talk with someone familiar?**

**The BCS counseling staff is always ready to help you.**

Mr. Michael Gendrue  
High School (10th - 12th)  
Email: [mgendrue@barkercsd.net](mailto:mgendrue@barkercsd.net)

Mrs. Audra Lakeman  
Middle & High School (7th - 9th)  
Email: [alakeman@barkercsd.net](mailto:alakeman@barkercsd.net)

Mr. Jeff Rogers  
Pratt Elementary (K - 6)  
Email: [jrogers@barkercsd.net](mailto:jrogers@barkercsd.net)

Mrs. Darnise (Darcy) Annable  
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Email: [dannable@barkercsd.net](mailto:dannable@barkercsd.net)

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