



MUHLENBERG SCHOOL DISTRICT

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April 9, 2020

Greetings,

We hope you are all doing well and we wanted to let you know that the Muhlenberg School District Counseling Staff is committed to the social and emotional well-being of the students and families during this time. Here is an important message from the Muhlenberg School District School Counselors:

We wanted to remind you that even though school is not in session, Muhlenberg's Counseling Department is here to continue to provide support to you and our students. Please do not hesitate to reach out to your child's school counselor. Counselors will be checking emails throughout the day, and are available to students. We will do our best to respond to all emails within 24 hours.

A 24/7 mental health and crisis support line for people dealing with anxiety or other difficult emotions became available. Callers will be able to speak with staff who are trained in trauma-informed principles and will listen, assess the person's needs, triage, and refer to other local supports and professionals as needed.

The Mental Health Support Line can be reached toll-free, 24/7 at 1-855-284-2494 from anywhere in PA.

It's a difficult time, and it's easy to feel alone and cut-off from the world, but we need people to know that they are not alone, and support is available. Please help share the word about this resource.

We also want to make sure that you have resources if your child is in a crisis situation, as we may not see your email immediately. If your child is in crisis, please contact SAM (Service Access & Management) at 610-236-0530 and speak to a crisis worker. You can also take your child to the local Emergency Room for an evaluation. If your child is having suicidal thoughts and you cannot get him/her to the E.R due to safety concerns, or he/she is attempting to hurt themselves or is attempting to hurt others, please call 911 immediately.



801 Bellevue Avenue (Laureldale), Reading, Pennsylvania 19605-1799



It is the policy of the Muhlenberg School District not to discriminate on the basis of gender, disability, race, color, and national origin in its educational programs, activities, or employment policies as required by Title IX of the 1972 Educational Amendments. Inquiries regarding compliance with Title IX should be directed to the Assistant Superintendent (see above) or to the director of the Office for Civil Rights, Department of Health, Education, and Welfare, Washington, DC

If you have concerns about another individual who may be in crisis, you can also access Safe to Say 1-844-723-2729, or <http://safe2saypa.org>.

Please contact us if there is anything we can do to help your child or your family. We have resources listed on our district website <https://www.muhsdk12.org/Page/5685> that may be helpful as well. Thank you and we will continue to reach out to our students and families regularly.

Stay Healthy,
Muhlenberg School District Counseling Department

Muhlenberg High School

Melissa Work - A- F workm@muhsdk12.net
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Valery Will - P-Z willv@muhsdk12.net
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Muhlenberg Middle School

Rob Urenko - urenkor@muhsdk12.net
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C.E. Cole Intermediate School

Jessica Siegfried - siegfriedj@muhsdk12.net
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Muhlenberg Elementary Center

Jenna Pavlovich - pavlovichj@muhsdk12.net
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District Wide

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