

THOMAS JEFFERSON HIGH SCHOOL

MENTAL HEALTH RESOURCES

School Counseling Department

Mrs. Lander, School Social Worker, mlander@wjhsd.net
 Mrs. Yeager, School Counselor (Students A-G), eyeager@wjhsd.net
 Mrs. Slater, School Counselor (Students H-O), rslater@wjhsd.net
 Mr. Kilcoyne, School Counselor (Students P-Z), mkilcoyne@wjhsd.net

The Chill Project by Allegheny Health Network

Meghan Satovich, MA, NCC, Behavioral Health School Educator, msatovich@wjhsd.net, A205
 Jeannette Baur, MA, School-Based Therapist, jeannette.baur@ahn.org, Media Center

If you need support during the school day, you can...

- Visit The Chill Room in A205 by asking your teacher, requesting a pass via email, signing up on Flextime to come during PLT, or stopping by between classes
- Go to the Counseling Office and ask to see your School Counselor or School Social Worker

CRISIS RESOURCES

Re: Solve	<ul style="list-style-type: none"> • Allegheny County Crisis Service • Walk In Crisis Center <ul style="list-style-type: none"> ◦ 333 North Braddock Ave, Pittsburgh, PA 15208 • Available by phone 24/7 along with mobile crisis teams • 1-888-796-8226
988 Suicide and Crisis Lifeline (Formerly National Suicide Prevention Lifeline)	<ul style="list-style-type: none"> • Available by phone, text, or online chat 24/7 • Dial or text 988 to be connected to a trained crisis counselor • https://988lifeline.org
Crisis Text Line	<ul style="list-style-type: none"> • Available 24/7 • Text "CONNECT" to 741741
The Trevor Project	<ul style="list-style-type: none"> • Available for LGBTQ+ students 24/7 • 1-866-488-7386 • https://www.thetrevorproject.org
Trans Lifeline	<ul style="list-style-type: none"> • Available for transgender students 24/7 • 877-565-8860 • https://translifeline.org
Safe2Say Something	<ul style="list-style-type: none"> • Anonymously report suspicious activity or concerns 24/7 • Report by using <ul style="list-style-type: none"> ◦ Mobile App, https://www.safe2saypa.org, or 1 844 SAF2SAY

What is a mental health crisis?

A mental health crisis is when you or someone you know is a threat to themselves or others. If you do not feel safe with yourself, or that you may hurt yourself or someone else, call **RE:SOLVE** or 911. If you are feeling lonely or lost, reach out for help. **When in doubt, call!**

