

IMPORTANT NUMBERS

Emergency
911

Walton Police Department
865-5400

Mobile Crisis Assessment Team (MCAT)
For emergency mental health services
844-732-6228

Suicide Prevention
Lifeline
800-273-8255 or
Text HOME to 741741

The Trevor Project
LGBTQ suicide prevention
hotline
(866) 488-7386 or
Text START to 678678



Delaware Opportunities
Safe Against Violence Hotline
24 hours a day, 7 days a week
1-866-457-7233 (SAFE)
or 746-6278

Rape, Abuse, and Incest National Network
(RAINN)
National Sexual Assault Hotline
1-800-656-4673

National Domestic Abuse Hotline
24 hours a day, 7 days a week
1- 800-799-7233



CONTACT US

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Avi Brimstein
Townsend Elementary Psychologist
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Sarah Nagy-Fleischman
Middle/High School Psychologist
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snagy-fleischman@waltoncsd.org

Mental Health Resources



HOME OF THE WARRIORS

A guide for parents
and students



WARM LINES

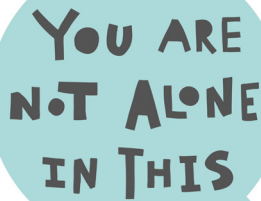
Delaware County Warm Line

Toll free: 844-865-3156

Tuesday, Wednesday, Thursday: 5-8 p.m.

A confidential peer-support phone line for people seeking

non-judgmental support from an individual. Provides an ear to listen, and information useful to the caller concerning services available in the community, and outreach services via prearranged calls to individuals.



YOU ARE
NOT ALONE
IN THIS

Youth Warm Line

877-968-8491 or

Text teen2teen to 839863

RSS Warm Line

607-687-1314 or

844-976-5463

Saturday, Sunday: 4-9 p.m.

Provides confidential peer self-help via telephone. The Warm Line takes both incoming calls and they can do wellness calls outgoing. The Warm Line is NOT a crisis hotline. A place to call when you want to talk.

Cornerstone Mobile Counseling

Call or Text: 315-868-1000

Rapid in-home mental health services.

Licensed, friendly, mobile therapists.

Provides case management, addiction treatment, family, and individual therapy, and child behavior support.

ADDITIONAL RESOURCES

Delaware County Mental Health

Family & Children Services

56 Shepard Street, Walton, New York 13856

Phone (607) 832-5889

National Alliance on Mental Illness (NAMI)

1-800-950-6264

Monday-Friday: 10 a.m.-6 p.m.

The Helpline assists individuals and families who have questions about mental health disorders, treatment, and support services.

Substance Abuse and Mental Health Services

Administration (SAMHSA)

1-800-662-4357

24 hours a day, 7 days a week

SAMSHA's National Helpline provides free and confidential treatment referral and information services for individuals and families facing mental and/or substance abuse disorders.

NYS Prevent Child Abuse NY - Parent Helpline

1-800-244-5373 (CHILDREN)



Make
YOUR mental
Health a
Priority

National Drug Helpline

844-289-0879

National Teen Dating Abuse Hotline

1-866-331-9474 or Text 22522

24 hours a day, 7 days a week

Offering information, support, and advocacy to young people in dating relationships.

Stopbullying.gov

Provides facts, resources, and information of warning signs, prevention, and tips for safety.

We're in this together

It's OK to reach out for extra support and ask for new ideas and resources if your student is struggling.

Communicate with your student's counselors, teachers, and administration to see if we can problem solve together and create a support plan.

#WaltonPride #WaltonEvolving