March 13, 2020

Morris Hills High School Community,

During virtual learning days, the School Counseling Department will be available via email. To set up a virtual appointment, if needed, please email your counselor directly. Please note that you can also continue to contact your counselor via phone using his or her office number listed above. Counselors can access voicemails through their email.

Here are some resources should you need immediate assistance:

- **Rockaway Township Police Department**: Call 973-625-4000, Press 0 for Dispatch
- **Rockaway Borough Police Department**: Call 973-627-1314
- **Denville Police Department**: Call 973-627-4900, Press 9 for Dispatch
- **Wharton Police Department**: Call 973-366-0557, Press 0 for Dispatch
- **2nd Floor Helpline**: Call or text 888-222-2228
  A confidential and anonymous helpline for New Jersey's youth and young adults.
- **National Suicide Prevention Helpline**: Call 1-800-273-TALK (8255)
  24/7 to be connected to a skilled, trained counselor at a crisis center.
- **Performcare - Mobile Response Services**: Call 1-877-652-7624
  Available 24 hours a day, 7 days a week to help children and youth who are experiencing emotional or behavioral crisis. The services are designed to defuse an immediate crisis, keep children and their families safe, and maintain the children in their own homes or current living situations (such as a foster home, treatment home or group home) in the community.

**If this is an emergency, call 9-1-1.**

Sincerely,

Yesenia Rivera-Carney

Yesenia Rivera-Carney, Supervisor of School Counseling