

## Family Support Resources

If your child or family is in need of some support/counseling we recommend that you start by reaching out to your child's School Counselor and/or Case Manager. They can not only lend support to your child while they are in school, but also help refer you to available community resources.

### Counseling Department

Heather Praml ext. 1015  
[heather.praml@montville.net](mailto:heather.praml@montville.net)

### Child Study Team (CST)

Dr. Jeanne Romeo, School Psychologist  
[jeanne.romeo@montville.net](mailto:jeanne.romeo@montville.net)

The information provided here, along with a consultation with your child's Counselor and/or Case Manager will help you get started in finding support.

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### ***Morris County information on Mental Health & Addictions***

<https://hs.morriscountynj.gov/behavioral/mental/>

### ***Morris County information on Crisis & Trauma***

<https://hs.morriscountynj.gov/trauma/>

### **Coping and Growing through Grief**

<http://www.griefspeaks.com/index.html>

### **Suicide Prevention**

<https://suicidepreventionlifeline.org/>

<https://afsp.org/>

### **State Hotline designed for Teens & Youth**

<https://www.2ndfloor.org/>

### **NJ Department of Children & Families**

<https://www.nj.gov/dcf/about/divisions/dcpp/>

### **Raising a Grandchild, Niece/Nephew, or Other Child Family Member**

<https://www.careplusnj.org/service/kinship-care-services/>

### **Dealing with Cancer**

<https://www.cancer.gov/>

The counseling services listed above are not meant to be a complete listing of all available services, but more a place to get started. If you are fortunate to be covered by a health plan, we always recommend that you start the process by contacting your health plan provider or family physician. Often they will provide you with a list of local counselors with whom they are affiliated.

### Additional Emergency Resources

St. Clare's Hospital

973-625-0280

Morristown Memorial Hospital

973-540-0100

Chilton Memorial Hospital

973-831-507