



CCS Mental Wellness Supports

School Based Mental Health Professionals (SBMHP) are the CCS staff in our buildings who provide mental wellness and social emotional supports to our students. These are the school counselors, psychologists, social workers, student support liaisons, and school nurses.

March 4, 2021

Access to CCS mental wellness supports:

- General concerns, point of contact is the School Counselor
- More targeted/intensive supports can be provided by other SBMHP's
- Resources, including both school and community based services, can be accessed

Community Based Crisis Supports:

- Region Ten Emergency Services:
434-972-1800 (24 hr)
- National Suicide Hotline: (24 hr)
1-800-273-TALK (8255)
- Region 1 Mobile Crisis Line:
1-800-970-5897 (M-F 12-7:30pm)
- Crisis Hotline for Teens: (24 hr)
Text HOME to 741741
- Ready Kids: (24 hour hotline)
434-972-7233
- LGBTQ+ Youth Support Line/Side by Side:
1-888-644-4390 (Ages 14-20)
- Immediate crisis, call 911 or go to the hospital

Buford and CHS Supports In-Person

Academically Targeted Opportunities	Mental Wellness Opportunities	General Tier 1 Open to All Students
Invited into schools for targeted academic support	Targeted programming hosted by our school mental health professionals	General outdoor experiences available to registered general student population
	Wellness Walks	Friday Fun on the Field Hour
	Yoga in Nature, Arts in the Park, Nature Outings, etc	Scripted video for Mental Health Resources
	Individualized contact with school-based mental health professionals	School-based live informational sessions throughout the rest of the year hosted by School Counselors