

# Hatboro-Horsham Student Support

**WE'RE HERE  
FOR YOU**

- ✓ **Academic Advising & Course Selection**
- ✓ **Personal concerns**
- ✓ **Career & College Advising**
- ✓ **Mental Health Resources**
- ✓ **Helpful Links**

# Keep in Touch

## 1 | Email

Counselors will be checking their email frequently during regular school day hours.

Please be sure to check your email often, too! 😊

## 2 | Website

HH is posting regular COVID updates.

Bookmark the district site:

[Coronavirus Updates](#)

## 3 | Twitter

High School Counselors  
[@HHGuidance](#)

HHSD  
[@HH\\_Schools](#)



# How are ya? Check in with us!

---

Last Name	Counselor	Email
A-Co	Margie Zahn	mzahn@hatboro-horsham.org
Cr-E	Pam Hermann	phermann@hatboro-horsham.org
F-I	Phil Noonan	pnoonan@hatboro-horsham.org
J-Mb	Meghann Townsend	mtownsen@hatboro-horsham.org
Mc-Re	Stacy Soricelli	ssoricel@hatboro-horsham.org
Rf-Sh	Pam Hermann	phermann@hatboro-horsham.org
Si-Z	Marcey Varano	mvarano@hatboro-horsham.org

# Taking Care of Yourself - Body & Mind

Try to maintain a routine, getting enough sleep, keep your [body and mind](#) active, learn, create or “travel” the globe. Here are some [resources](#):

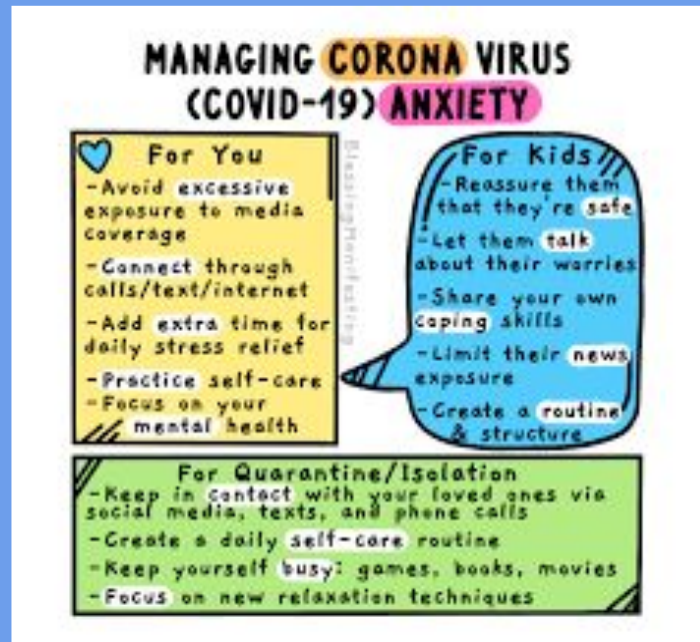
[Virtual Field Trips](#)

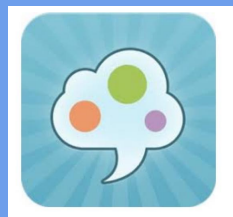
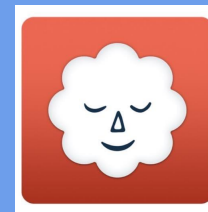
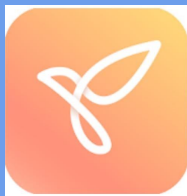
[Visit Art Museum's Around the World](#)

[Explore Mars](#)

[Hike a National Park](#)

Head to the zoo: [in San Diego, Atlanta, and Monterey Bay Aquarium](#)





## Taking Care of Yourself -

There's an app for that:

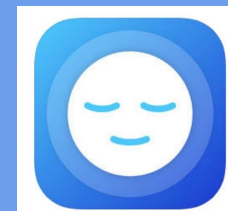
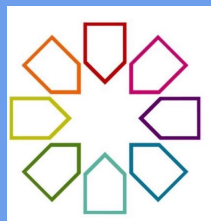
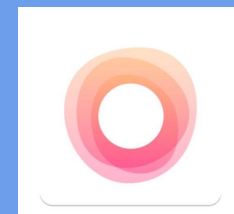
[Calm](#)

[Breathr](#)

[Tide](#)

[Stop, Breathe & Think](#)

[Down Dog](#)



Counselors will check in  
with our students so  
lookout for emails on the  
latest!



# If you need help urgently:

If you are in need of immediate support because you or a family member is in danger, please call **911**.

Other crisis supports are available:

[Montgomery County Mobile Crisis](#) – provides not only immediate support for crisis situations, but also assistance with managing recurring or future crises. Support is available 24/7 at **1-855-634-HOPE (4673)**. This service is available to anyone in Montgomery County, including children, teens, adults, and families.

[Montgomery County Peer Support or Teen Talk Line](#) (hours: daily 1:00 pm – 9:00 pm)

For Teens: Call: 866.825.5856 Text: 215.703.8411 Email: [teentalkline@accessservices.org](mailto:teentalkline@accessservices.org)

For Adults: Call: 855.715.8255 Text: 267.225.7785

[Abington Hospital Crisis Services](#) - provides 24-hour crisis intervention services for individuals experiencing behavioral health emergencies. Crisis clinicians are available to provide comprehensive assessment and referral services. Services are provided either in the Crisis Service office or in the Emergency Trauma Center inpatient unit at Abington Hospital – Jefferson Health **Call: 215-481-2525**

# Helpful Links & Resources:

[SAMHSA's Disaster Distress Helpline](#) Toll-Free: 1-800-985-5990 (English and Español) SMS: Text TalkWithUs to 66746 SMS (Español): “Hablamos” al 66746 TTY: 1-800-846-8517 (en [Español](#))

[SAMHSA's National Helpline](#) Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and Español)

[National Suicide Prevention Lifeline](#) Toll-Free (English): 1-800-273-TALK (8255) Toll-Free (Español): 1-888-628-9454 TTY: 1-800-799-4TTY (4889) (en [Español](#))



# Helpful Links & Resources:

National Association of School Psychologists - [Talking to Children About COVID-19](#)

Centers for Disease Control - [Managing Stress and Anxiety](#)

SAMSHA - [Handling Social Distancing](#)

The National Child Traumatic Stress Network has a number of [pandemic resources](#) on their website that may help.