

March 18, 2020

MBS Parents,

The team of counselors at Mountain Brook Schools is used to working with you and your child on a daily basis. In the midst of the COVID-19 outbreak, we want you to know that we are still here. While we may not be working from our school, we are here to support your child and your family just as we have always done.

As we wade into uncharted waters, we will be doing our best to provide you with resources, respond via phone and email and, in many cases, connect with you and your child to see how they are doing.

Many parents are developing ways to talk with their children about COVID-19. If you need any resources to help guide your conversation, please check the [Mountain Brook Schools COVID-19 website](#) or resources provided by [SAMHSA](#) and the [National Association of School Psychologists](#).

On a regular basis, Mountain Brook Schools connects families and community members with helpful resources in times of need. Please see the list of contact numbers and websites below:

The Crisis Center: 205-323-7777, 24 hours

Teen Link: 205-328-LINK (5465), available 3-10 p.m.

Kids Line: 205-328-KIDS (5437), available 3-10 p.m.

The National Suicide Prevention Lifeline: 1-800 -273-TALK (8255) or text TALK to 741741

Children's Hospital PIRC (Psychiatric Intake Response Center): 205-638-PIRC (7472)

National Caregiver's Hotline: 1-800-272-3900 or <https://www.caregiving.org/resources/>

AA Online Meetings: <http://aa-intergroup.org/directory.php>

Amelia Center Grief Recovery: 205-638-7481

Mountain Brook Schools counselors are available and ready to help should you have a question or concern. Your school counselor's contact information can be found on the [Mountain Brook Schools website](#).