



BEHAVIORAL MENTAL HEALTH RESOURCES

Researching available resources can be a daunting and time-consuming task for parents and guardians. Below is a list of resources that offer support for parents and students.

RESOURCES

BULLYING

- STOP BULLYING (<https://www.stopbullying.gov/>)
- WARNING SIGNS OF BULLYING (<https://www.stopbullying.gov/bullying/warning-signs>)

SUBSTANCE ABUSE

- KIDS HEALTH FROM NEMOURS (<https://kidshealth.org/en/parents>)
- SAMHSA TREATMENT REFERRAL HELPLINE 1-800-622-HELP
- PREVENTION OF SUBSTANCE ABUSE AND MENTAL ILLNESS (<https://www.samhsa.gov/find-help/prevention>)
- CENTER ON ADDICTION (<https://drugfree.org/>)

ABUSE

- CHILDEHELP NATIONAL CHILD ABUSE HOTLINE 1-800-422-4453
- ERIN'S LAW (<http://www.erinslaw.org/for-parents/>)
- STOP IT NOW FOR TIPS & CREATNG A FAMILY SAFETY PLAN (<https://www.stopitnow.org/ohc-content/tip-sheet-create-a-family-safety-plan>)
- DO SOMETHING (<https://www.dosomething.org/us/facts/11-facts-blue-child-abuse>)

MENTAL HEALTH

- NATIONAL SUICIDE PREVENTION HOTLINE 1-800-273-TALK (<https://suicidepreventionlifeline.org/>)
- NATIONAL INSTITUTE OF MENTAL HEALTH (<https://www.nimh.nih.gov/index.shtml>)
- THE JASON FOUNDATION (<https://jasonfoundation.com/about-us/jason-flatt-act/>)
- AMERICAN PSYCHOLOGICAL ASSOCIATION PUBLIC EDUCATION LINE 1-800-964-2000 (<https://www.apa.org/topics/children-teens-stress>)
- NATIONAL FEDERATION OF FAMILIES FOR CHILDREN'S MENTAL HEALTH (<https://www.ffcmh.org/>)

DISTRICT WEBSITE:
<https://www.troyschools.net/>

TROY CITY SCHOOLS
SUPERINTENDENT:
MRS. CYNTHIA G. THOMAS

SPECIAL SERVICES DIRECTOR:
DR. CHRISTIE ARMSTRONG

MENTAL HEALTH COORDINATOR:
MS. CHELSEA SINGLETON

TO SET UP A ZOOM MEETING WITH
MS. SINGLETON, EMAIL
SINGLETONC@TROYSCHOOLS.NET

SUPPORT GROUPS

If you feel that you and/or your child are in need of additional support, please email Ms. Chelsea Singleton, MHSC about support group options

LOCAL SERVICES

BRUNDIDGE POLICE
(334) 735-3333
CHILD SUPPORT INFORMATION
(334) 807-6120
FAMILY CHILDREN'S SERVICES
(334) 807- 6120 FAX: (334) 807- 6171
FOOD ASSISTANCE INFORMATION
(334) 807- 6120
PIKE COUNTY SHERIFF
(334) 566- 4347
TROY POLICE
(334) 566- 0500
IMMINENT DANGER DIAL 911