



Student Mental Health Resources Organized by Topic

Methuen Counseling Department Information and Description of Available Services

Every student in Methuen Public Schools can access support from the counseling department for problems large and small. Counselors do not just assist students with postsecondary planning and academics. All counselors are licensed professionals who provide free, confidential counseling services to students to address mental health concerns, personal problems, conflict, and crisis. If you are struggling with a personal issue, need help supporting a friend, or simply need advice about how to manage a stressful situation, please reach out to the counseling department. Counselors are available throughout the school day and can be contacted in person and through email. Simply come to our offices or reach out in any way you feel comfortable and we will get you the help you are looking for. Counseling staff will not share your personal information with others - your conversations with counseling staff are confidential.

- Counseling Department Services ([English](#); [Español](#))
- Counseling Department Overview ([English](#); [Español](#))
- [Mental Health Screening FAQ for Students](#)

Methuen High School Counseling Department Staff

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Methuen Public Schools Grammar School Counseling Department Contact Information

- [CGS Counseling Department](#)
- [Marsh Counseling Department](#)
- [Tenney Counseling Department](#)
- [Timony Counseling Department](#)



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I'm Not Feeling Safe and I am Thinking About Suicide

- National Suicide Prevention Hotline: Dial 988
- Samaritans 24-Hour Response: 1-877-870-4673
- Hopeline: Call or Text 1-877-235-4525
- Crisis Text Line: Text HOME to 741741

I Need Help Supporting a Friend

- [How to Help a Friend Struggling with Mental Health Concerns](#)
- [Your Friend is Grieving: Tips for Supporting Them](#)
- [Article on Supporting a Friend Who is Struggling with Mental Health Challenges](#)

I'm Not Sure If I Need Support: Understanding Your Mental Health

- [My Mental Health: Signs that You May Need Help](#)
- [National Alliance for Mental Illness: Warning Signs and Symptoms](#)

I'm Looking for Help from Someone Outside of the School

- [Care Solace](#) is a service that Methuen Public Schools has purchased that supports matching students, staff, and their families to mental health services. Support is available in multiple languages for all forms of insurance 24/7/365. This service can be accessed confidentially without informing any MPS staff. [Click here](#) to access the Methuen webpage to search for mental health services and begin the matching process. Students under the age of 18 will need the consent of their caregivers to begin the process of accessing mental health services.
- [The Behavioral Health Help Line \(BHHL\)](#) connects individuals and families to the full range of treatment services for mental health and substance use offered in Massachusetts, including outpatient, urgent, and immediate crisis care. The Behavioral Health Help Line (BHHL) is available 24/7, 365 days per year and is available for all residents of Massachusetts. Call or text 833-773-2445. Visit the website to chat online.
- Beth Israel Lahey Health Behavioral Services ([English](#); [Español](#)) - The BILH Community Behavioral Health Center serves as Methuen's regional Community Behavioral Health Center (CBHC). CBHCs serve as an entry point for timely, high-quality mental health and substance use disorder (SUD) treatment on an urgent and ongoing basis to youth, adults, and their families.



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I'm Struggling with Stress and Anxiety

- [How to Manage Stress and Anxiety](#)
- [Managing Strong Emotions Resource](#)

Student Helpline Information via Trails to Wellness

- This link provides phone and website contact information for several national helpline services

I'm Struggling with Grief/Loss

- [Tips for Grieving Teens](#)
- [Tips for Grieving Children in Grades K-8](#)
- [National Alliance for Mental Illness - Resource Page for Teens](#)

I'm Struggling with Depression/Intense Sadness

- [Teen Depression: More than Just Moodiness](#)
- [Hey Sam: A dedicated peer-to-peer texting service for people up to 24 years old. Designed for and staffed by young people, Hey Sam gives youth the opportunity to reach peers if they are struggling, need someone to talk to, or need support.](#)

I Want to Learn More about how to Improve Mental Health for Teens and Services in Schools

- [Mentalhealth.gov](#) - This website includes resources for those struggling with mental health themselves, educators/parents who would like to expand resources but do not know where to start.
- [Handhold MA](#) - This website was created to educate adults on how to promote mental health for children and teens.
- [Society for Adolescent Health and Medicine](#) - Resource list with helplines, guides, and advocacy resources.
- [National Institute for Mental Health](#) - Website containing digital posters to raise awareness about mental health topics and connect teens to resources.
- [MA Department of Mental Health](#) - Youth and teen services offered by the State Government.
- [Massachusetts School Mental Health Consortium \(MASMHC\)](#) - A group of school leaders working to improve mental health services and supports available to students across the Commonwealth.