

Dear Brookline High School Parents, Guardians, and Caregivers,

We write to remind all high school families about the myriad student supports available at BHS and in our larger community. As you know, the COVID pandemic has spurred additional public health crises, including the mental health of our adolescents. We see first-hand and read locally and nationally about increased teen isolation, anxiety, and depression, and we want to help ensure that support is available to all who may need it within our Brookline High School community.

### **Asking for Help**

If you are concerned about the mental health of your students, please send their counselor, dean, and any other trusted adult at BHS a message to ask for help. While the dean and guidance counselor are the hub of student support at our high school, we are also fortunate to have highly skilled social workers, psychologists, and additional helping people available. All of these staff members can check in with you and, more importantly, support students who might be struggling academically, behaviorally, and/or social-emotionally. You can find contact information for your student's assigned counselor or many other support staff at the high school [here](#).

### **On-going Information/Resource Sharing and Key Community Partnerships**

We will continue to share information and offer educational resources around the topics of mental health and stress as the 20-21 school year continues. Through ongoing collaboration with [B-PEN \(Brookline Parent Education Network\)](#) and the [Brookline Center for Community Mental Health](#), BHS counselors, social workers, school psychologists and deans will continue to offer individual consultation and support for students. We are committed to assisting and team with our hard-working teacher colleagues as well, so they can focus on the academic and social/emotional communities in their classrooms.

### **Resources**

- [BHS Guidance/Counseling Weekly Update](#) - sent Sunday evening to every BHS student and one caregiver and loaded with many activities and support opportunities at BHS, in the Town of Brookline and in the greater area;
- [Comprehensive Resource list \(mental health plus\) on the BHS Homepage](#);
- [Collaborating with BHS to Support Your Child's Mental Health](#);
- [BEST crisis services](#) - Boston Emergency Services Team - available 24 hours a day, seven days a week to obtain services for a person or family member in crisis. Staff at the toll free 800-981-4357 (HELP) Call Center will provide support, information, referral, or arrange an in-person evaluation. The Call Center will dispatch mobile clinicians to intervene at the site of the crisis unless a different setting is requested by a family or if the containment of a more secure setting is required.

Every member of BHS is a vital part of our community. As one of our former superintendents used to emphasize, each of our students represents a parent and family's entire world. If you have worries or are not sure where to turn for help with your student, we ask that you reach out and start with the simple words "I need some help." From there, we can listen and connect you with resources within Brookline High and beyond, and make every effort to support you and your student.

Thanks for your partnership and take care,

Anthony Meyer  
Head of School

Darby Neff-Verre  
Guidance Curriculum Coordinator