



GJPS we are HERE for YOU

In collaboration with our community partner, Concord Counseling, our GJPS Mental Health team will be offering **OPEN OFFICE HOURS** throughout winter break. These services are available to all families and students free of charge.

Please reach out if you believe your child is struggling or if your family needs mental health assistance.



OPEN OFFICE HOURS

Monday-Friday
8:00 a.m. - 6:00 p.m.
(with the exception of Dec. 25 & Jan. 1)

Please contact:
Alex Caughell
(614) 344-6009
Caughella@gjps.org

If urgent assistance from GJPS personnel is needed outside of these hours please call the Safe School Helpline: 1-800-418-6423 ext. 359.

For a mental health **EMERGENCY** call:

Emergency: 911

Nationwide Children's Crisis Line: 614-722-1800

Crisis Text Line: text "home" to 741741

Or go to Nationwide Children's Hospital ER

WHEN SHOULD YOU REACH OUT?

If you have noticed a change in your child's behavior that may be unsettling to you.

Reach out!

If your child is verbalizing that they are struggling emotionally and want to talk with someone.

Reach out!

If you or your child are worried about another Gahanna student.

Reach out!

If you have a general question about mental health issues such as anxiety, grief or depression.

Reach out!