

# Montgomery Township School District

*Creating confident, compassionate, and successful learners*

Date: October 11, 2023

Subject: Message from the Superintendent

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Dear Montgomery Township School Community,

As we continue to witness the horrific and heartbreaking devastation and loss of life as a result of multiple incidents around the world, we understand there may be students struggling with feelings of anger, anxiety, depression, and/or grief. As always, our school counselors and staff are available to talk and are accessible to the entire student body. We ask that you be especially mindful of how current events may affect your child. Below are some resources that families can keep on hand if they should ever need them.

Sincerely,

**Mary E. McLoughlin**

**Superintendent of Schools**

## General Resources:

[NCTSN - Talking to Children about War](#)

[UNICEF- How to talk to your children about conflict and war](#)

[NAMI - National Alliance on Mental Illness](#)

[On Our Sleeves](#)

[Attitudes in Reverse](#)

[Montgomery Municipal Alliance/Youth Services](#)

[The Depression Project's \(@realdepressionproject\) profile on Instagram • 1,487 posts](#)

[The Mental Health Coalition \(@mentalhealthcoalition\) • Instagram photos and videos](#)

[National Alliance on Mental Illness\(@Namicommunicate\)• Instagram photos and videos](#)

[Somerset County Resources for Mental Health & Addiction Services](#)

Trauma and Grief Resources:

Perform Care (877) 652-7624

Bridgeway-PESS (908) 512-7400

2nd Floor Youth Helpline (Call or text) (888) 222-2228

NJ Hopeline (855) 654-6735

Crisis Text Line - Text 741741

National Suicide Prevention Lifeline (800) 273-8255

[Good Grief](#)

[Rutgers Traumatic Loss Coalitions for Youth](#)

National Sexual Assault Hotline 1-800-656-HOPE (4673)