

SIGNS A CHILD MAY NEED SUPPORT

If a child aged 5 to 12 is...

Complaining about their health, such as frequent stomachaches or headaches.

Experiencing changes in eating, sleeping or energy levels.

Easily distracted and having difficulty staying focused.

Angry, irritable, experiencing frequent meltdowns, or dramatic mood changes.

Being clingy, crying often, or feeling overwhelmed.

Questioning their own safety, or that of family or friends.

Having persistent issues that interfere with their daily life.

If a teen aged 12 to 18 is...

Struggling in multiple areas of life, such as relationships, academics, or sports.

Withdrawing from family, friends, or activities they used to enjoy and/or displaying dramatic mood changes.

Lacking confidence and feeling bad about themselves.

Having trouble staying focused, organized, and remembering things.

Excessively worrying about the future or feeling hopeless.

Experiencing a significant increase or decrease in sleep or appetite.

Engaging in self-destructive behaviors or talking about suicide.

Having persistent issues that interfere with their daily life.

Read more at <https://tinyurl.com/juxpbthn>



Kane Area School District Mental Health Resources & Services

Who can you call?

Contacts for Help and Support

ELEMENTARY SCHOOL

814-837-7555

School Counselor & Student Assistance Program Coordinator
Darcy Schauman ext. 2214

Dickinson Mental Health Clinician
Kate Weber

MIDDLE SCHOOL

814-837-6030

School Counselor & Student Assistance Program Coordinator
Jennifer Sleeman ext. 3220

Dickinson Mental Health Clinician
Brianna Wolff

HIGH SCHOOL

814-837-6821

School Counselor & Student Assistance Program Coordinator
Annalisa Ryding ext. 4204

Dickinson Mental Health Clinician
Brianna Wolff

SAFE2SAY

Anonomously report individuals who may be a threat to themselves or others.
Call 1-844-SAF2SAY (723-2729) or
download the app at www.safe2saypa.org.



DISTRICT WIDE (SERVE ALL SCHOOLS)

814-837-9570

Student Services Director
Chelsey Murray ext. 1217

School Social Worker
Mary Chapman ext. 1219

School Psychologist
Brittany Murray ext. 1218

School Resource Officer
Officer Hartman



CONTACT A SCHOOL COUNSELOR FOR:

A Student Assistance Program (SAP) Referral

The Guidance Center School-Based Counselor
Michelle Costanzo

Alcohol and Drug Abuse Services
Jay Israel

The COUNSLR Application for 24/7 access to support for students 13 years of age and older

MCKEAN COUNTY CRISIS INTERVENTION

Any resident can reach the Mental Health CRISIS Hotline 24 hours a day, 7 days a week. Call 1-800-459-6568 or text HOME to 741741.

NATIONAL SUICIDE LIFELINE – CALL OR TEXT 988.