



## BERGEN CATHOLIC HIGH SCHOOL

Dear Parents and Students,

I hope this email finds you and your families well.

During this unprecedented time, we continue to adapt to the needs of our students. We all are facing unique and challenging situations. Breaks in our normal routine, fear for friends and family on the front lines, and grieving the loss of loved ones has had a profound impact on our community.

Please know that the Bergen Catholic Guidance Department continues to support our students and families through these uncertain times. Please feel free to reach out to your counselor for anything at all. No concern is too big or too small, and we are here to help. Additionally, there are several outside agencies offering services in various formats. Listed below are additional resources that can assist with bereavement and grief counseling. If you have any questions about any of these resources, please let us know. We look forward to getting back to school and seeing you all again soon.

Be well,

Mrs. Maka  
Director of Guidance and Student Success Center

- Hearts and Crafts which is a local agency that provides grief counseling remotely: <http://heartsandcraftscounseling.org/>
- The Joseph T. Quinlan Bereavement Center: <https://www.karenannquinlanhospice.org/>
- Good Grief is providing virtual group counseling for the bereaved. They also have information about grief and bereavement during COVID -19:
  - o <https://good-grief.org/wordpress/wp-content/uploads/2020/03/Supporting-the-Bereaved-During-COVID-19.pdf>
  - o <https://good-grief.org/covid-19/>
- New Jersey's 24/7 Peer Support & Suicide Prevention Hotline: [CALL NJ HOPELINE. 1-855-654-6735](https://www.callnj.org/)
- Resources that help to address mental health needs during COVID-19: [Psych Hub: Covid-19 Mental Health Resource Hub](https://www.psychhub.org/)