



March 8, 2024

Dear Ivy families,

We hope you are looking forward to spring break, and everyone is able to get some well-deserved rest. Before going our separate ways, we want to make sure you have supportive resources during this time (and after school hours any time). Because your school counselors will not be checking emails frequently over the break, they are not the first line in a crisis during this time. Please see the sections below for general mental health resources and activities, therapists we recommend in the community, and steps to take in a time of crisis:

GENERAL MENTAL HEALTH AND WELLNESS INFORMATION/ACTIVITIES

Tools for parents:

- [Active Listening](#)
- [Talking to your child about mental health](#)
- [Information on safety and current trends in apps and media](#)
- [Media guidelines](#)
- [Eating disorders](#)
- [Nami Chattanooga](#)

Tools for students:

- [Resources for coping with negative emotions, talking with loved ones, and finding inspiration](#)
- [Mental health information and support](#)

COMMUNITY THERAPISTS AND COUNSELING CENTERS (for long-term counseling, not crisis situations)

<p>Paige Landry 5726 Marlin Road Suite 315 Chattanooga, TN 37411 (423) 521-0175 \$90 fee</p>	<p>Sylvia Carpenter at Elbow Tree 3069 S. Broad St., #7D Chattanooga, TN 37408 (423) 850-1032</p>
<p>Blake Feagans 5726 Marlin Rd Suite 315 Chattanooga, TN 37411 (423) 403-3553 Offers online therapy \$100-120 fee</p>	<p>Pennie Leggett Centerstone Counseling - Family and Individual 6110 Shallowford Rd Ste B, Chattanooga, TN 37421 (423) 499-1031 *Takes most insurances</p>
<p>Stephan Belasco at Agape Youth Behavioral Health 1360 Mackey Branch Drive Chattanooga, TN 37421 (423) 443-3336</p>	<p>Andrew Lang and Lacy Anderson Journey Counseling Center andrew.journey.lang@gmail.com (423) 414-4745 *Partners with Ivy / Ask about mental health scholarship</p>

SUICIDE AND OTHER CRISIS RESPONSE PROTOCOLS

Resources for discussing depression, self-harm, and suicide with your student at any time:

- [What to do if you think your teenager is depressed](#)
- [How to ask about suicide](#)
- [Signs to look for](#)
- [Helping students who self-harm](#)
- [Cutting](#)

During spring break and outside regular school hours, you can take any of the following steps for help 24/7:

- National Suicide Prevention Hotline: 988
- Tennesseans can simply text "TN" to 741-741 to reach a trained mental health professional
- Call Youth Villages Specialized Crisis Services in a psychiatric emergency for an assessment of children and youth ages 18 and under: 1-866-791-9224. If needed, they will follow up with a safety plan or instructions for immediate care.
- Tennessee Statewide Crisis Hotline: 1-855-CRISIS or 1-855-274-7471
- Take your student to the Emergency room ([What to expect if you take your child to the emergency room for psychiatric care](#))
- If you are worried about another student and have their parents' contact information, reach out to the parents directly.
- Call 911 for a well-check

Keep these resources for yourself and in support of others. The more we know, the better we can take action.

Sincerely,
Ivy Academy's Counseling Department