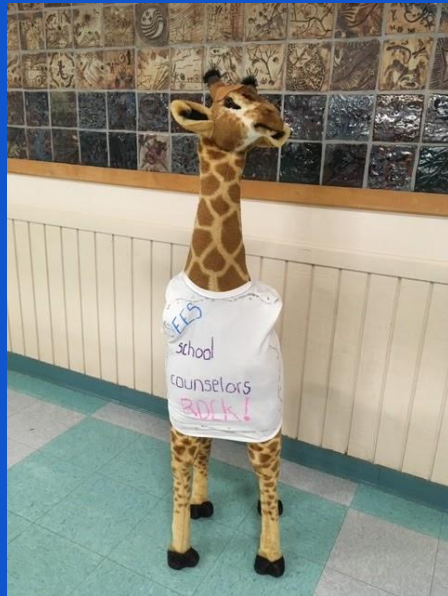


Epping Elementary School Counseling Department



Welcome to Epping Elementary School!

Ms. Stanley-Berting (Ms. S.B.) and Mrs. McDonough are the two school counselors at EES.

We are available to assist Kindergarten through 5th grade. Our goal is to support all students in their ability to learn, succeed, and participate in the learning experience.



Our offices!

Ms. Kathy S.B. can be reached by telephone at
670-8018 ext. 3233 or
kstanley-berting@eppingsd.org



Mrs. Marianne McDonough can be reached by
telephone at 670-8018 ext. 3229 or
mmcdonough@eppingsd.org



How we can help:

★ Individual counseling

- Identification of Feelings, Self-Regulation, Family Changes

★ Group counseling

- Executive Functioning, Self-regulation, Social Skills

★ Classroom lessons

- Social skills/friendship, Empathy, Teamwork, Conflict Resolution, Stress Management

★ Crisis support

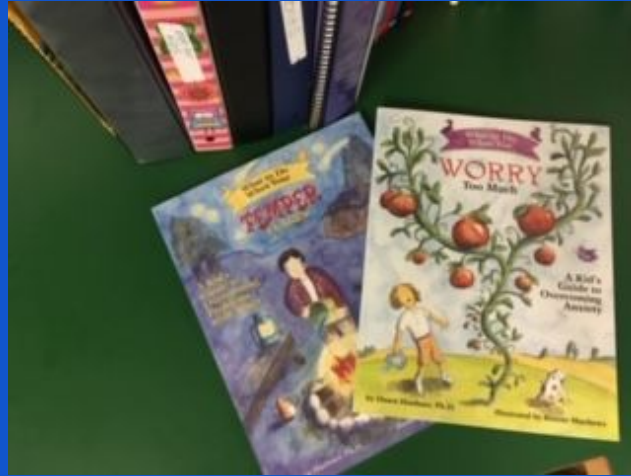
★ Consultation

★ Family support

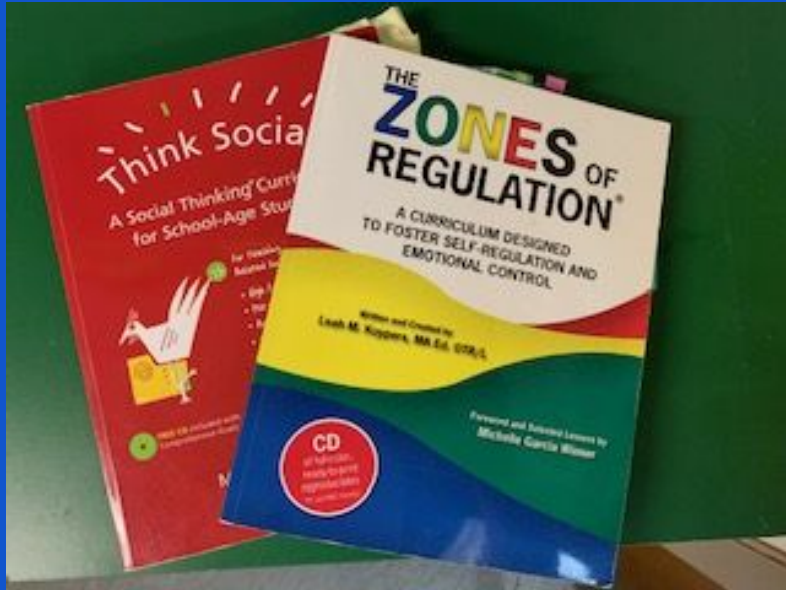
★ Resources

★ Referral to outside agencies

Sample materials we use



More materials:



School Counseling Referral Process

- ★ We receive referrals from:
 - EES Staff
 - Staff referring students will contact families, school counselors will follow up with a permission form
 - Parents
 - Self-referral
- ★ All sessions are confidential except when a child is being hurt, hurting someone else, or threatens to hurt themselves. As mandated reporters, we will intervene to ensure a child's safety.

For further assistance:

- ★ NH-211 (Statewide Referral/Resource Agency)
- ★ Seacoast Mental Health (Portsmouth) 603-431-6703
- ★ NAMI-NH 1-800-242-6264
- ★ Suicide Prevention Lifeline 1-800-273-8255
- ★ Crisis Text Line for access to Crisis Counselor: Text HOME to 741741
- ★ Haven NH Violence Prevention and Support Service 603-994-7233
- ★ Families First Support Center 603-422-8208
- ★ End 68 Hours of Hunger contact Kathy Stanley-Berting at 679-8018 ext. 3233
or kstanley-berting@eppingsd.org