

RHHS Academic and Mental Health Supports

ACADEMIC SUPPORTS

MENTAL HEALTH SUPPORTS

Classroom Teachers

Academic Support

The best people to help are your classroom teachers! Talk to your teachers or email them with questions. Many teachers hold after-school sessions and can work with groups or individuals. Assignments are posted on Google classrooms, along with many other resources.

School Counseling Resources

<https://rhhs.rockyhillps.com/guidance>

Our School Counseling Department provides individual support to students experiencing social and/or emotional distress. Reach out to your school counselor or school psychologist if you need to talk.

Trusted Adults

Mental Health Support

The first step is reaching out to a trusted adult. We are all facing challenges, and we are here to help! Classroom teachers care about you and can assist in connecting you with other resources, as needed.

Structured Study Hall

Academic Support

If students need a quieter and smaller environment to get work done, structured study halls may be the answer (instead of staying in a larger study hall). See your counselor if interested.

School Counselors

A-D: Mrs. Notarangelo

E-K: Mrs. Carbutti

L-Rf: Mrs. Bikowski

Rg-Z: Mrs. Russell

School Psychologists

Mrs. Malkin

Ms. Taylor

Guidance Secretary

Ms. Kovanda

Youth and Family Services

Mental Health Support

[Youth and Family Services](#) is a division of the Human Services Department. They can provide resources to help with:

- Community Involvement
- Resource Development
- Management & Administration
- Research & Development
- Advocacy

NHS Tutoring

Academic Support

National Honors Society students are available for peer tutoring. They have been through these classes, and they will volunteer to tutor for subjects in which they are comfortable. Tutors are available every period in the mezzanine (above the Media Center).

Stress Management Tips

Mental Health Support

- Mindfulness apps (Headspace, Calm, Insight Timer, etc.)
- Spend time with friends or family
- Manage time on technology
- Watch a funny video
- Exercise
- Journal
- Express gratitude
- Listen to music
- Talk to somebody
- Get plenty of sleep
- Eat a health diet
- Take a walk

Mobile Crisis

Mental Health Support

Mobile Crisis is a state of CT program that provides mental health crisis intervention services. Teams of mental health workers are available 24/7 to intervene in situations where there is imminent risk. Dial 211 or 1-800-203-1234 to access this anytime.