

Reminder about resources and support services available

Dear Rider Community,

As we enter the weekend, we wanted to send a reminder outlining the resources available to our community as we continue to process and grieve together.

Over the weekend, if you or someone you know is in need of support, please do not hesitate to reach out to the resources below.

988 Suicide & Crisis Lifeline – <https://www.samhsa.gov/find-help/988>

If you or someone that you know is struggling or is in crisis, help is available. Call or text 988 or chat 988lifeline.org. 988 offers 24/7 access to trained crisis counselors, not only for those experiencing thoughts of suicide, but also for anyone experiencing mental health or emotional distress.

Local Mobile Crisis Team – <https://www.mhacg.org/mcat>

The team is available through the Mental Health Association of Columbia-Greene Counties. You can call (518) 943-5555, 9 a.m. to 9 p.m. <https://www.mhacg.org/mcat>

Columbia County Mental Health Center – <https://www.columbiacountymhc.com>

The Columbia County Mental Health Center operates a 24-hour crisis line – Call (518)-828-9446 for emergency mental health services. They also offer walk-in crisis services at their main location at 325 Columbia Street in Hudson, Monday – Friday, 9 am to 4:30 p.m.

911 emergency services are available 24 hours every day.

Crisis Text Line – Text “HOME” to 741741 for 24/7 access to a crisis counselor.

On our website, we also have links to the resources that we emailed home this week from the National Association of School Psychologists. The documents go into detail about risk factors, warning signs, what to do if you are concerned about a loved one, and provide recommended resources. You can view the documents here:

<https://www.ichabodcrane.org/2023/03/09/a-loss-in-our-rider-community/>

On Monday, our counseling teams will be at full-capacity at all three schools to continue to help any of our students and staff who need support or assistance.

As a Rider family, we continue to extend our deepest sympathies to Alexis’ family, friends and loved ones. Thank you all for your continued support and compassion.

Sincerely,



Suzanne Guntlow
Superintendent of Schools