



Riverbank Unified School District
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April 1, 2020

Dear Parents and Students,

The Riverbank Unified School District Mental Health Team recognizes that the state mandated “Shelter in Place” and subsequent school closures may put unique stressors on RUSD students and their families. In an effort to support you during these unprecedented times we would like to offer you the following resources:

- Community Resource List (enclosed)
- Crisis Counseling

Crisis counseling is available Monday through Friday 8am to 4:30pm. Support may be accessed by emailing crisiscounseling@riverbank.k12.ca.us. Please indicate if you would like to be contacted by email, google classroom, or phone and include the number. A school psychologist or the district mental health clinician will contact you within the next business day.

The crisis counseling option is only for **nonemergency** support. If your student is experiencing a mental health emergency, please call 911 or go to your nearest emergency room.

It is our hope that your family remains healthy and we can return to school soon.

Sincerely,

Bergen Filgas, LMFT

District Mental Health Therapist