

# ***Egg Harbor Township School District***

## ***Student Assistance Program and Resources:***

### **Local Public Health Resources for All Ages:**

[Egg Harbor Township Student Assistance Program](#)

[EHTHS Guidance Website](#)

[Student Crisis Card](#)

[Student Crisis Card \(Spanish\)](#)

[Every Hand Together Pursuing Public Health](#)

[The Source](#)

[Atlantic County Mental Health Resources](#)

[NJFamilyCare Health Care Application](#)

[NAMI AtlanticCape Resource Guide](#)

[New Jersey Resources Directory](#)

[New Jersey Resources Directory \(Spanish\)](#)

[State and Local Aid](#)

[Food Pantries Near You](#)

[Covid-19 Mental Health Resource Hub](#)

### **Reducing Stress and Anxiety:**

[SIX Breathing Techniques to Help You Relax in 10 Minutes or Less](#)

[Keeping Calm](#)

[TEN Relaxing Online Games to Help You De-Stress](#)

[Change to Chill](#)

[A Parent Resource for Understanding COVID-19](#)

[Reach Out](#)

[Care For Your Coronavirus Anxiety](#)

Please contact your Student Assistance Counselor, during normal school hours, for help with locating the resources and support that you may need:

Mrs. Russo, Eagle Academy: [russom@eht.k12.nj.us](mailto:russom@eht.k12.nj.us)

Mrs. DiMattia, EHTHS: [dimattis@eht.k12.nj.us](mailto:dimattis@eht.k12.nj.us)

Mrs. Lee Ann Dragovitz, Alder Avenue Middle School: [dragovil@eht.k12.nj.us](mailto:dragovil@eht.k12.nj.us)

Mrs. Andrea Peck, Fernwood Avenue Middle School: [pecka@eht.k12.nj.us](mailto:pecka@eht.k12.nj.us)