

# COUNSELING CORNER

LOST MOUNTAIN MIDDLE SCHOOL

MARCH 2020



*We may be socially distancing, but we're not emotionally distancing*

**COUNSELORS ARE STILL AVAILABLE  
WE ARE JUST AN EMAIL AWAY  
M-F DURING SCHOOL HOURS**



Grade Level/ Last Name

Counselor

6th grade and 7th grade last names A-L  
7th grade last names M-Z and 8th grade  
Counseling Clerk –

**FOR QUESTIONS ABOUT REGISTERING  
A NEW STUDENT, RECORDS,  
TRANSFER QUESTIONS ETC.**

Counseling Intern-  
kaley.hammonds@cobbk12.org

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**COUNSELING WEBSITE:**

**<http://lmmscounselors.weebly.com/>**

**RESOURCES FOR OUR FAMILIES IN NEED:**

**<http://cobbcast.cobbk12.org/?p=32140>**



## *Things to do while at home*

- Walking- it is important to get outside as often as you can. Walks in the neighborhood are perfect for that
- Teach your kids how to cook- take a night or two off from preparing dinner and let them try!
- Sit down and pay the bills together and discuss budgeting
- Make a fun TicToc video together
- Gardening or cleaning up the yard

# STUDENTS IN CRISIS

FOR A LIST OF COUNSELORS WHO ARE PART OF THE COBB COUNTY SCHOOLS COALITION LIST PLEASE EMAIL MS. FIELDS AT [TRACY.FIELDS@COBBK12.ORG](mailto:TRACY.FIELDS@COBBK12.ORG). THESE COUNSELORS OFFER A FREE FIRST TIME VISIT TO COBB COUNTY STUDENTS.

## Suicide Prevention Resources:

- <https://suicidepreventionlifeline.org/>
- 24 Hour Crisis Line: 800-715-4225
- <https://www.georgiacollaborative.com/providers/georgia-crisis-and-access-line-gcal/>

## Georgia's 24-hour Mental Health Hotline:

<https://.valueoptions.com/referralconnect/doLogin.do?e=Z2FjbSAg>

## Georgia Crisis and Access Line

- 1-800-715-4225 or [mygcal.com](http://mygcal.com)
- A free 24/7 helpline providing mental health crisis assistance and access to mental health resources throughout the state of Georgia.

## 911

- For emergencies in which law enforcement may be called, as for a Crisis Intervention Team (CIT) officer

## Crisis Text Line

- Text GA to 741741
- Reach a trained counselor by text message. Youth and teens are especially welcome.

## Suicide Prevention Lifeline

1-800-273-TALK or 1-800-SUICIDE

# Low Cost or Free Internet Plans

## Comcast:

### Internet essentials package FREE for 60 days

Click link below for more information: <https://www.wxyz.com/news/national/coronavirus/comcast-offering-internet-essential-spackage-free-for-60-months-during-coronavirus-outbreak>

**Comcast Internet Essentials:** Offers affordable home internet service for just \$9.95 per month– with no contract, credit check or installation fees. You automatically qualify for the Internet Essentials package if your child participates in the school lunch program, you are receiving HUD housing assistance, a low-income senior, a community college student in Colorado or Illinois or a verified low-income veteran. You will also have the option to purchase a laptop or desktop computer for only \$149.

Online: <https://internetessentials.com/>

**Call: No direct number for this program; must login to enter phone number and receive a call from an agent**

## Spectrum Internet Assist:

Provides affordable high-speed internet connection to low-income families, students and seniors for just \$14.99 per month.

## PCs for People:

A nonprofit organization that provides low-cost computers and free or affordable internet connection for low-income households. Potential recipients must be living below

the 200% poverty level and currently enrolled in a government assistance program. PC for people offers high-speed internet for only \$11.25 per month with no credit check or hidden fees. You will also be eligible to receive affordable PC or laptop repair for as low \$25.

Online: <https://www.spectrum.com/browse/content/spectrum-internet-assist>

Call: 1-855-243-8892

## Access by AT&T:

A low-cost wireless home internet plan for low-income households. Access by AT&T provides high-speed internet service for \$5-\$10 per month. At least one person of your household should receive SSI or SNAP benefits to be qualified.

Go online: <https://www.att.com/shop/internet/access/#!/>

OR Call AT&T@ 855.220.5211

## Everyoneon.org:

No income requirements. EveryoneOn is a national nonprofit working to eliminate the digital divide by making high-speed, low-cost Internet service and computers, and free digital literacy courses accessible to all unconnected Americans. We work with device refurbishes, so individuals and their families can purchase discounted devices, including \$150 tablets and \$199 laptops. By calling 1-855-EVERY1ON or visiting [everyoneon.org](https://everyoneon.org), users can discover the closest class in their communities. <https://everyoneon.org/get-connected/> to find resources in area by zip code

## Cobb County School District's Enrollment Partner Code & URL

o URL is [www.everyoneon.org/cobbk12](https://www.everyoneon.org/cobbk12)

o Partner Code is: cobbk12

o Please note: The partner code ([everyoneon.org/\\*partnercode](https://www.everyoneon.org/*partnercode)) is case-sensitive. To access the portal, visit [www.everyoneon.org/portal](https://www.everyoneon.org/portal) and enter the credentials below:

username: cobbk12

password: password