



WHO CAN HELP?!

A QUICK GUIDE TO ONSITE AND OFFSITE SUPPORTS
AVAILABLE TO HINGHAM HIGH SCHOOL STUDENTS



School Counselors are your connection to these wonderful resources, start a conversation-reach out today!

DO YOU NEED TO TALK?

HHS SCHOOL COUNSELORS

Counselors are trained to help students deal with any issues that arise during high school. A counselor is there to listen and help you find answers to any question.

HHS ADJUSTMENT COUNSELORS

Students who have a difficult time adjusting to high school, or may be experiencing some social or emotional challenges, may see one of our two school adjustment counselors to ensure that they can build skills and strategies to better access the curriculum and to prevent barriers to learning.

ASPIRE HEALTH

Aspire Health Alliance provides a wide array of counseling and evaluation services to children and families including outpatient and crisis services. The Youth Mobile Crisis Intervention team is available if you're facing a mental health crisis, or just don't know where to go for help.

CARE SOLACE

If you or a family member are looking for help with mental health or substance use, Care Solace can help you quickly find treatment options matched to your needs regardless of the circumstance. Care Solace is a complimentary and confidential service provided to students, staff, and their families.

IS IT ACADEMIC?

NHS TUTORS

The National Honor Society has tutors proficient in any subject you need help in and have likely taken the very same courses with the very same teachers. Reach out to your school counselor to be connected.

EXTRA HELP

Teachers are available for after school help. They are the first person to see if you have questions or need some support in your class.

PEER TUTORS

Peer tutors are available for help every period of the day in the counseling department. Reach out to your school counselor to be connected.

HOMEWORK CLUB

You can join your peers from 6:30 - 8:30pm on Mondays in the HHS LMC to complete homework, work on a project or essay, or review challenging material.

IS IT ABOUT YOUR HEALTH?

SCHOOL NURSES

Nurses are committed to meeting the health needs of individual students and through collaboration with public and private agencies and healthcare providers.

SCHOOL RESOURCE OFFICER

Students are encouraged to speak with the officer in individual or small group conferences to further a classroom presentation or to seek help for any sensitive issues. The officer is familiar with community resources and can make referrals both within and outside of HHS.

CLINICIAN-HINGHAM POLICE DEPARTMENT

The clinician can assist students and families with support and resource information on mental health, substance abuse, victim assistance or crisis referral.

IS IT SOMETHING ELSE?

NEED A HUG?

OPRY THE COMFORT DOG

Pet therapy lowers stress hormones, like cortisol, and increases oxytocin. In other words, just being in contact with a comfort dog calms students down when they're upset and helps keep their anxiety at bay. And reducing feelings of anxiety and depression enables them to focus on learning.

HAD A LONG ABSENCE?

THE TRANSITION ROOM

The Transition Program is a short-term service for students returning after an extended absence. The Transition Program helps students and their families with re-entry and reintegration to school by supporting their academic, social, and emotional needs. Reach out to your school counselor for more information.

WHAT'S NEXT?

FUTURE PLANNING

There are multiple ways to explore your interests. New to HHS are the Arts and Technology Pathways programs. Construction Technology is another career focused option. Our Post-Secondary Office helps you explore what's out there from careers to gap years to the military to college majors. See your counselor to be connected.

IS IT A CRISIS?

CRISIS SUPPORT

Aspire Health Alliance Crisis Team:
617-774-6036
National Suicide Helpline:
988 (call/text)
MA Behavioral Health HelpLine:
833-773-2445 (call/text)



HHS Social/Emotional Resources Pages