

Berkeley Heights Public Schools  
Berkeley Heights, Union County, New Jersey 07922  
Clausen Administrative Complex  
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Dr. Melissa Varley  
Superintendent of Schools



Scott McKinney  
Assistant Superintendent

*Include, Inspire, Empower*

July 29, 2020

Dear Parents/Guardians and Members of the School Community:

It is with great sadness that we share that earlier this week, a student from a neighboring school district died tragically. We are not privy to all detailed information; however, we felt it was important to extend our support to any students and/or family members from our Governor Livingston High School community that were impacted by this unfortunate news. Further, in light of this information, your child may have some unresolved feelings that he/she would like to discuss with you. You can help them by listening carefully and offering support to your child.

In order to assist you and your children if impacted by this loss, I have included information provided to us by grief experts which you may find helpful as you cope with some of the reactions your child may experience. Additionally, the Governor Livingston counselors have office hours throughout the summer months; please reach out via email to your child's counselor if you would like to make an appointment to connect with him/her. As we continue to keep the student's family in our thoughts and hearts, I thank you for your support during this difficult time within our community.

**Resources and Supports for Dealing with Loss**

The following information may provide you with additional resources, should you feel further support is appropriate. The list is not in a specific order or by no means comprehensive. Please note that these resources are able to refer you to other supports. If you are concerned about the safety of a loved one, please call 911 for immediate assistance.

**2NDFLOOR, NJ Youth Helpline:** 1-888-222-2228 2NDFLOOR is a confidential and anonymous helpline for New Jersey's youth and young adults. We are here to help you find solutions to the problems that you face at home, at school or at play. [www.2ndfloor.org](http://www.2ndfloor.org)

**Good Grief, Inc.:** Morristown, NJ 908-522-1999 We provide services to children, teens and young adults who have lost a parent or sibling to death. We also provide services for the children's surviving parent(s) or caretaker. <http://www.good-grief.org>

**Imagine:** A Center for Coping with Loss 908-264-3100 Imagine is a not-for-profit organization supporting children and adults coping with loss and to foster resiliency and emotional well-being for all those who grieve. They offer free year-round peer grief support groups for children age 3-18 who have had a parent or sibling die, and grief support groups for young adults 18-30 who have had a parent or sibling, friend or other family member die. [www.imagenenj.org](http://www.imagenenj.org)

**Additional Resources:**

**American Psychological Association:** <http://locator.apa.org>

**Network Therapy:** [http://www.networktherapy.com/directory/find\\_therapist.asp](http://www.networktherapy.com/directory/find_therapist.asp)

**New Jersey Psychological Association:** <https://www.psychologynj.org/articles-resources>

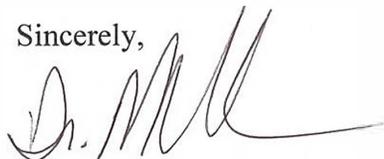
**Perform Care:** 1-877-652-7624 (24 hours/7 days)

**Psychology Today:** <https://www.psychologytoday.com/us>

**NJ Self-Help Group Clearinghouse:** <http://www.njgroups.org> 1-800-367-6274

**Trinitas Regional Medical Center - Crisis Screening: Hotline:** 908-994-7131

Sincerely,



Dr. Melissa Varley  
Superintendent of Schools