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March 23, 2020

Dear Families of Rye Community,

Given the current medical crisis and subsequent impact on our lives, we want to provide support to our community. We are Mental Health Professionals who specialize in working with children, adolescents, young adults, and adults experiencing anxiety, depression, and substance dependence/addiction, amongst other diagnoses. During this crisis, we are offering no charge, ten minute phone sessions for mental health related questions or concerns. If your concerns require additional assistance, we will help direct you toward other resources.

Please contact us at Rye.help.2020@gmail.com and include the following: 1) Name, phone number, email 2) Your age and the age of the person you are concerned about 3) Briefly describe your concern 4) List 3 days and times that we can get back to you.

All communication is confidential. Emails will be read between 9am and 5pm and will be answered within 24 hours. If this is an emergency and you are unable to wait until someone gets back to you, please don't hesitate to call 911 or go to your nearest emergency room.

We hope your family is well cared for in body and mind. If you are feeling overwhelmed, there are resources to help.

Sincerely, Hilary
Cooper, Ph.D. Deb
Morgan, LCSW-R
Lauren Rosen,
LCSW-R Shelly Simon,
LCSW