

## Surry County Public Schools, Home of the Mighty Cougars

Dear Parents and Guardians,

We are excited to introduce a new tool aimed at supporting the mental health and well-being of our students, staff, and families: the **Gaggle App**.

**Gaggle** is a user-friendly mental health app designed to provide individuals with the resources, support, and coping strategies needed to maintain emotional well-being. In today's fast-paced world, mental health is just as important as physical health, and it is vital that we offer our students accessible resources to navigate these challenges.

The Gaggle Platform provides:

- **24/7 on demand certified counselors**
- **Discreet and private for those who don't know how to ask for help or don't want to be seen asking**
- **Personalized phone number specific for our school district**
- **Custom chat widget in your students' digital environment**
- **Custom posters for hallways, bathrooms, and key areas for student access**
- **Regular communication from the Gaggle team to SCPS counselors and administration for trends and summaries of conversations to aid in continued support for students in need.**
- **District emergency contacts for when a crisis is happening during school hours to ensure safety and well-being**
- **Availability for everyone in our Cougar community including Parents & caregivers, teachers, and support staff**
- **Isn't just a crisis line - available for support on all topics. Break-ups, friend/family crisis, academic anxieties, and other challenges that impact social and emotional wellness**

We believe that Gaggle will serve as a valuable resource for students, staff, and families enabling us all to better support mental health. Info Video for Gaggle

<https://www.gaggle.net/reachout>

### **How Can You Get Started? It's as easy as 1-2-3.**

1. Students who do not opt-in will be added to a Canvas Course called Counselor Chat with Gaggle.
2. In the course, there is a phone number and a web-based texting widget.
3. Students can call the number or open a chat via the Chat With Gaggle button.

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We encourage you to explore the app with your child and utilize it as part of your routine to help manage stress and promote emotional health. Should you have any questions or need further assistance with getting started, please do not hesitate to reach out to your school counselor.

\*LPJ Middle School Counselor -Ms. Ashley Williams: [Ashley\\_williams@surryschools.net](mailto:Ashley_williams@surryschools.net)

\*Surry High School Counselor- Ms. Mary Johnson: [mary\\_johnson@surryschools.net](mailto:mary_johnson@surryschools.net)

With Great Appreciation,

Dr. Herbert Monroe  
Superintendent, Surry County Public Schools

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**\*Only sign and return if you choose to Opt-Out**

### **Opt-Out Consent Form for GAGGLE Services**

I, Parent/Guardian's Full Name: \_\_\_\_\_, as the parent/guardian of Child's Full Name: \_\_\_\_\_, hereby acknowledge that I have been informed of the mental health services offered to my child by Surry County Public Schools. After careful consideration, I have chosen to *opt out* my child from participating in these services. I understand that my decision to opt out will not affect my child's access to other educational or support services, and that I can revisit this decision in the future if I feel the need for my child to receive mental health support. I further acknowledge that I can request to receive information or updates about mental health services and resources available to my child, should I choose to pursue these options at a later date.

By signing below, I affirm that I have made this decision voluntarily.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Contact Information: \_\_\_\_\_

# Gaggle Mental Health Support

At a time when mental health support is more critical than ever, school districts are looking for a comprehensive solution. Gaggle's Therapy and ReachOut services are designed to compliment school resources and cater to the holistic needs of students.

Students in your district  
need support.



Your staff is doing their  
best to support students.

Gaggle can help through:

**Therapy**   
For flexible, ongoing  
mental health support

**ReachOut**   
Student Crisis Line  
For in-the-moment  
student needs

Our shared goal is  
mental wellness for all  
of your students.



## Therapy

**Gaggle Therapy** provides flexible, accessible teletherapy for students facing mental health challenges such as anxiety, depression, and grief, with no out-of-pocket costs. Sessions are available during the school day or during evenings and weekends. Our service matches students with licensed therapists within 10 days. Weekly, secure, HIPAA-compliant video calls offer a safe space for students to receive necessary support.

## ReachOut Student Crisis Line

**Gaggle ReachOut** is a 24/7 crisis line that offers students in need with an immediate connection to trained crisis counselors. Serving as a community crisis line, it guarantees a wait time of less than a minute, with an average call duration of 45 minutes. Districts utilize ReachOut to provide immediate support to students facing mental health challenges and keep school administrators informed of the situation.



**Gaggle has helped thousands of districts avoid tragedies and save lives.**

During the past five school years, Gaggle was instrumental in helping K-12 districts **save the lives of 5,790 students.**

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- As reliant on digital media today's students are, many times what they yearn for is that personal, human connection. This is what they receive as part of their school's ReachOut program.
- The school is able to stay informed about issues their students are dealing by receiving reports on when and why students are reaching out.
- School leaders can utilize their Gaggle Therapy services to ensure their students receive ongoing **teletherapy** support as needed.

