

Grief & Loss

Many in our community continue to grieve the loss of Jordan Park. As we approach the one-year anniversary, we want to provide the community with support.

A tragic loss like this can impact us in many ways. We might be grieving someone we knew and cared for, feeling sympathy for the family and loved ones, or being reminded of losses we have experienced.

Grief can appear differently for us all, depending on our age, experience with loss and relationships. Whatever you are experiencing, we want you to know that you are not alone and that support is available on campus and in our community. If you or someone you know needs help we are including where you can find support below:

On campus:

- Visit the counselors in SV212, CH203 or CH207.
- Email uscounseling@hw.com or mscounseling@hw.com or your assigned counselor (upper school students only).

In our community:

Harvard-Westlake School partnered with Care Solace to support our community's mental health. If you or a family member are looking for help with your mental health or substance use, you can use Care Solace to anonymously find community therapists or treatment programs matched to your needs regardless of circumstances.

Care Solace is a complimentary and confidential service provided to students, staff, and their families by Harvard-Westlake School.

If you would like to use Care Solace to help you find a provider:

- Call 888-515-0595 available 24/7/365 in any language.

- Visit www.caresolace.com/harvardwestlake and either search on your own , OR click “Book Appointment” for assistance by video chat, email, or phone.

In an emergency:

- Call 911 or and request a Crisis Intervention Trained (C.I.T.) response
- Go to the closest emergency room for support
- Text “Hello” or “Home” to 741741 to connect with support
- Trevor Lifeline LGBTQQ+ Crisis Support: 1-866-488-7386
- Call the National Suicide Prevention Lifeline at 988
 - Online chat: suicidepreventionlifeline.org