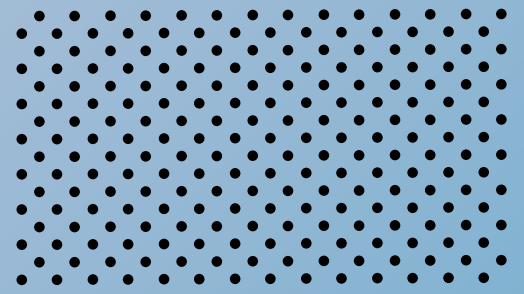


# Life Can Be Hard.



Finding help doesn't have to be.

- [Where to Turn for Teens: King County Guide](#)
- [Crisis Resources from LWSD](#)
- [Reduce Your College Admissions Stress](#)
- Meet our [YES counselor, Cora!](#)

Cora is a mental health counselor from Youth Eastside Services who provides support for our students on campus Tuesdays and Fridays. She offers confidential one-on-one support for students experiencing depression, anxiety, substance use, suicidal thoughts, self-harm, abuse and trauma (including ongoing racialized trauma), cultural and gender identity exploration, loss and grief, relationship challenges, and more.

- Check in with your school counselor! Book instantly via Teams Bookings:

Last Names A-K- Ms. Brownie [Book Now](#)

L-P Ms. Covington [Book Now](#)

Q-Z Ms. Wescott [Book Now](#)

Your school counselors can help assess student abilities, interests and achievement to help you make decisions about your future. They can also provide counseling supports to a student or small group of students during times of transition, heightened stress, critical change or other situations impeding student success. School counselors do not provide therapy or long-term counseling in schools; however, school counselors are prepared to recognize and respond to student mental health needs and to assist students and families seeking resources.

- [Managing Anxiety in Uncertain Times](#)
- [How to Get Relief from Worrying](#)
- Support for you or a friend: <https://www.teenlink.org/>

