

KHS & PCDS Counselor's Corner

Mrs. White, Mrs. Yamada & Mrs. Lee

Tips for Students as we revisit our habits

- ◆ Get involved in and activity you enjoy
- ◆ Be at school everyday
- ◆ Be on time to your classes
- ◆ Participate in your classes
- ◆ Give yourself time to adjust
- ◆ Work on 1 area you want to improve
- ◆ Keep trying until your new habit feels natural
- ◆ Ask for help if you need it.

We are here for you! Need to talk with a counselor?

Send us an email or text our Google Voice numbers:

Mrs. White, Academic Counselor—

Klwhite@fcusd.org , (916) 294-9060

Mrs. Yamada, Mental Health Specialist—

Ayamada@fcusd.org , (916) 581-1711

Mrs. Lee, Mental Health Specialist—

elee@fcusd.org , (916) 235-3837

Or click [HERE](#) to schedule a Meeting

CRISIS TEXT LINE |

Text [HELLO](#) to 741741 from anywhere in the United States, 24/7.



<https://thesourcesacramento.com/>

916-787-7678 or 916-SUPPORT

Call-Text-WebChat

24/7 Mental health support



suicidepreventionlifeline.org

1-800-273-8255

24/7 Call-WebChat

SACRAMENTO
COUNTY

[Sacramento County Mental Health ACCESS Team](#)

(916) 875-1055 or toll free (888) 881-4881

24/7 Mental Health Crisis Calls



2-1-1 sacramento
find help here
a program of community link

www.211sacramento.org/211

Referrals to 1,600+ community services in the Sacramento area. Call: 211 (711 for hearing impaired) or 1-800-500-4931 or 916-498-1000