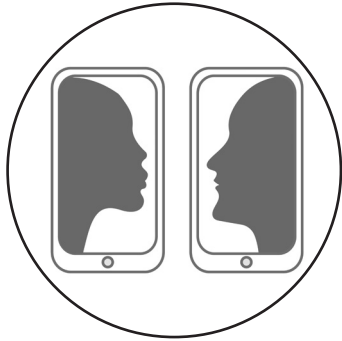




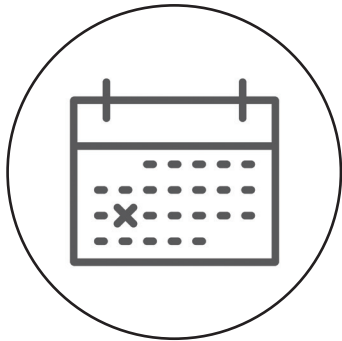
WELLNESS SUPPORT

San Mateo Union High School District



Services provided by phone or video-conferencing during campus closures include:

- Individual sessions
- Student group counseling
- Drop-In hours
- Parent, family, staff consultations



Students may request appointments by phone, email or Schedule Once by visiting:

- **www.smuhsd.org/wellness-appointments** or
- Your Canvas Account > Student Support Services



Wellness counselors are available on school days and hours only.



www.smuhsd.org/wellness-counselors