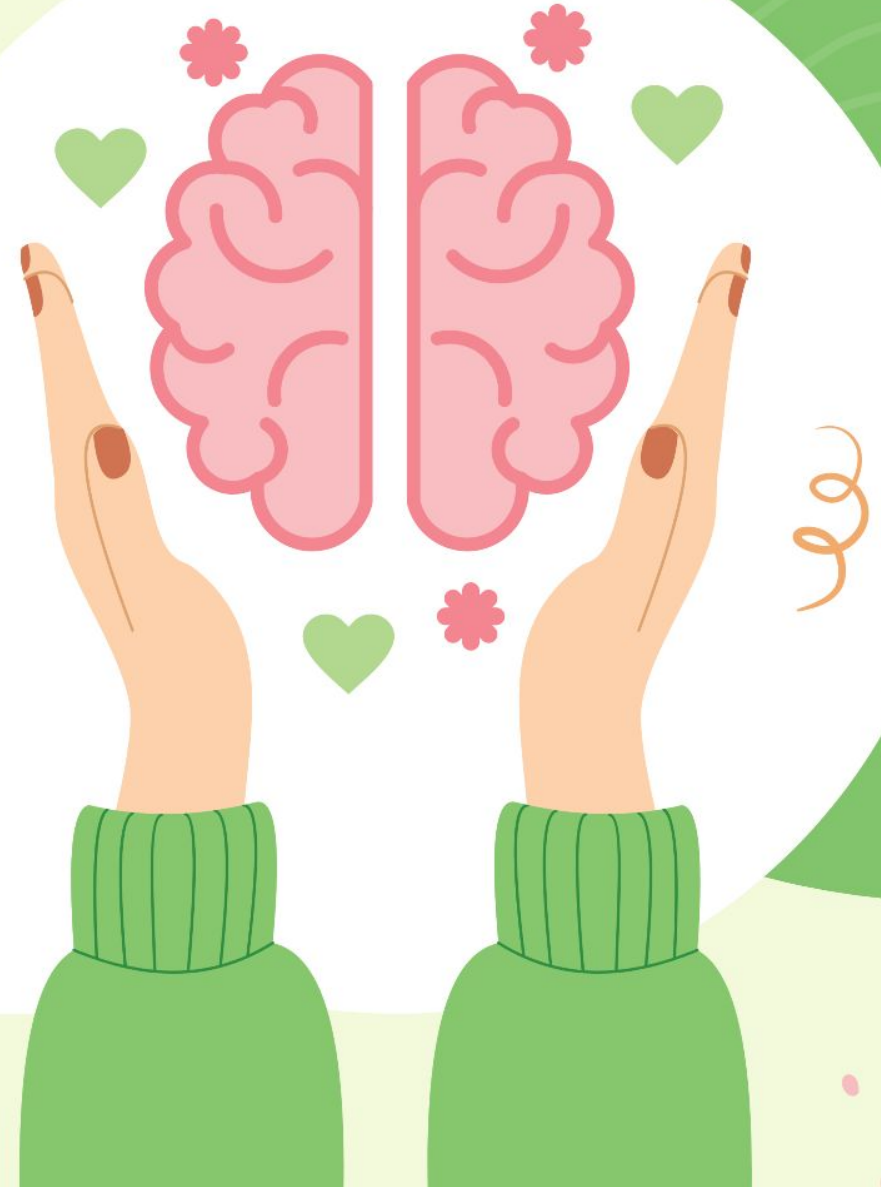


# Your Mental Health Matters!

If you need support at school, start with Mrs. Carlson in the Student Center! She will help get you connected to the right people.

You can make a SecurlyPass to see her. Mrs. Carlson can connect you with a counselor and help begin the process for mental health, substance use/addiction supports, and other resources.



# Support is Available for ALL!



**SHS has an entire team dedicated to supporting mental health.**

# Meet your counseling team!



**Mr. Allen (9th)**



**Mrs. Carlson  
(Assistant)**



**Mrs. Froome  
(Registrar)**



**Mrs. Smith  
(12th)**



**Mr. Magnall  
(10th)**



**Mrs. Potocnik  
(Social  
Emotional)**



**Mrs. Goodrich  
(PBD)**



**Mrs. Wagner  
(11th)**

**To support student mental health we...**

- **listen and help students work through situations**
- **help students build the right coping skills to help them remain calm and focused**
- **find resources and connect you with the right people, in and outside of the school building**
- **set up meetings between teachers, families, and students to bridge communication and get students the help, support, and resources needed to be successful**

# Meet your administrators!

To support student mental health we...



**Dr. Jones**  
(Principal)



**Mrs. DeVoe**  
(10th and 12th  
AP)



**Mr. Quinn**  
(9th and 11th  
AP)



**Ryan Stuart**  
(Athletic  
Director)

- meet with students and listen to their needs.
- communicate with students and families about concerns.
- make connections between families and our counseling staff, social workers, and mental health providers.
- attend wraparound meetings with students and families to ensure consistent support across both school and home settings and leverage our knowledge of students and their needs.

# Meet your support crew!



**Mr. Thornton**  
(MTSS)



**Ms. Bruce**  
(Social Worker)



**Mrs. DeWitt**  
(School  
Psychologist)



**Mrs. Harvin**  
(Social Worker)



**Mr. Weir**  
(TeenBuild)



**Mrs. Fox**  
(MTSS)

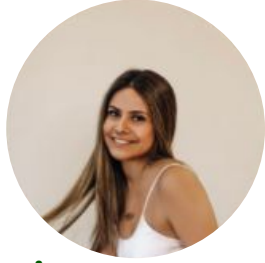
To support students mental health we...

- listen and help you work through stress, emotions, or tough situations.
- help you build skills to stay calm, focused, and confident at school.
- refer to mental health services or community agencies for support.
- work with your teachers to make sure you feel safe, supported, and understood.

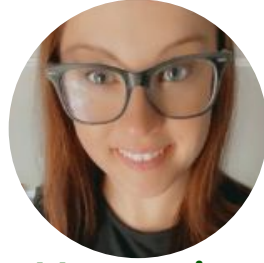
# Meet your community professionals!



**Claudia Castillo**  
(CKMHC -  
Therapist)



**Fatima Contreras**  
(CKMHC - Case  
Manager)



**Abby Martinez**  
(CKMHC - Case  
Manager)



**Kenny Sanders**  
(CKMHC - Case  
Manager)



**Kristin Headding**  
(CKF Addiction  
Treatment)



**Brian Cano**  
(CAPS)



**Robert Collier**  
(CAPS)



**Breanna Kuhlman**  
(School Resource  
Officer)

## To support student mental health we...

- help you talk through tough emotions and challenges in a safe, private space.
- support you with things going on at home, at school, or in your personal life.
- help you build coping skills so you can handle stress, anxiety, and big feelings.
- can connect you to therapy, substance use support, and community resources if you need them.

\*signed parental consent may be required for these services.

# Hope in 3-D



**To support student mental health we...**

- **mentoring**
- **behavior skills**
- **conflict resolution**
- **relationship building**
- **community support**

**\*signed parental consent may be required for these services.**

# You Are Not Alone

## If YOU are struggling or feeling overwhelmed:

- **Start with Mrs. Carlson in the Student Center**
  - She can help you talk things through and get connected to the right support.

## Crisis Support Resources:

- **988 — Call or text anytime for emotional support**
- **Crisis Text Line: Text HOME to 741-741**
- **If someone is in immediate danger: Call 911**

## If you're worried about a FRIEND:

- **Tell any adult you trust at school, even if they asked you not to tell. You are not “snitching.” You are protecting someone you care about.**
- **You can also use the StopIt app to make anonymous reports.**

# 988

SUICIDE  
& CRISIS  
LIFELINE

If you or someone you know  
needs support now,  
**CALL OR TEXT: 988**  
**CHAT: 988lifeline.org**

*Talk with us.*



In a crisis?

**Text HOME to 741741**  
to connect with a Crisis Counselor

Free 24/7 support at your fingertips.



**STOPit**  
SOLUTIONS™