



Counseling and Mental-Emotional Health

A grant through SCLA offers two free counseling visits to students with an onsite or online counselor. Please contact the individuals below if your child is interested in seeing a counselor through [Soul's Apothecary](#) on-site or online.

Pastor Jon Enter - JEnter@StCroixLutheran.org

Mr. Schoch - GSchoch@StCroixLutheran.org

Students are encouraged to build relationships with dormitory staff or teachers to assist in general counseling outside of professional help.

Helpful Information:

- [Blog on identifying signs for teens who need help](#)
- [Blog on what parents should ask when finding a counselor for their child](#)
- [Video on mental health in teens, skills to use at home, and when to ask for help](#)
- [Video on help for parents with struggling teens](#)
- Not interested in counseling? --- Try Instagram Accounts Related to Education on Mental/Emotional Health - [Example](#)
- [Time of Grace](#) - Daily Devotions in God's Word