



MEET your SCHOOL COUNSELOR

Hi! I'm Janae Muhlestein!

I'm the school counselor at Smith Elementary! I'm passionate about helping students be their best selves. My goal is to help every student develop their social and emotional resilience and strengthen their academic abilities, while preparing them for success in their future pathways.

Let's
CONNECT



JMUHLESTEIN@LWSD.ORG



(425)-396-2711

WHAT I DO

- Student support: social/emotional, academic and personal needs
 - family support: consultation and resources
 - classroom lessons, skill building groups, and individual check-ins
 - 504 coordinator
 - new student support
- I work to remove barriers to learning so that each student can reach their full potential and have a positive experience at school.

Resources

Lake Washington School District Family Resources Page (Most links to community resources can be found on this site)

- [Family Services - Lake Washington School District](#)

Free and Reduced Lunch Program information and application

- <http://www.myschoolapps.com/>

Additional Resources

- If your family finds itself in need of extra physical resources like food, clothing and school supplies, please email Janae Muhlestein at jmuhlestein@lwsd.org. You can also fill out the form linked here to request services.
- [Smith Family Support Survey 2026-2027 – Fill out form](#)

Parenting Resources

- Technology Safety - Healthy Screen Habits [Healthy Screen Habits for Families](#)

This website contains tools and resources for helping set boundaries and manage digital technology including their signature [5 core healthy screen habits](#). It includes many lists and links to articles, books, podcasts and other resources.

- Anxiety
 - [11 Superpowers of Anxious Children](#) (gozen.com)
 - [9 Things Every Parent with an Anxious Child Should Try](#) (gozen.com)
 - [Anxiety in Kids: How to Turn it Around and Protect Them For Life](#) (heysigmund.com)
 - [Parent Resources for Supporting Your Child with Separation Worry Anxiety \(Smith\).docx](#)
- Activities and Information
 - [Family Activities + Advice for Greater Seattle Parents | ParentMap](#)
 - [ParentMap Talks | Parenting Webinars + Expert Talks](#)
 - [Home | Kids Coming Together](#) Make friends, Have fun, Serve others.

Mental Health Resources

- **Crisis Connections** <https://crisisconnections.org/> **866-427-4747**

This 24/7 number provides immediate support and resources for people in emotional crisis. Immediate translation is available in 155 languages.

- **National Suicide Prevention Hotline** <https://suicidepreventionlifeline.org/> **800-273-8255**

24/7 free and confidential support for people in distress. Prevention and crisis resources are also available. Resources for youth <https://suicidepreventionlifeline.org/help-yourself/youth/>

- **National Alliance on Mental Illness** <https://www.nami.org>
- **Seattle Children's Psychiatric Urgent Care Clinic** [Psychiatric Urgent Care - What you need to know](#)

Counseling agencies that may have sliding scale fees based on income.

- YMCA Child and Family Program Sammamish Location – 206-437-7772
- Friends of Youth – 425-392-6367 Issaquah
- Consejo (Spanish speaking therapists available) – 206-461-4880 Bellevue location
- SeaMar Behavioral Health – 425-460-7114
- Sound Mental Health – 800-828-1449 Bellevue
- Ryther East – 206-517-0234 Bellevue
- Youth Eastside Services – Redmond 425-869-6037, Bellevue 425-747-4937 Offers walk-in open access hours for assessment at their Bellevue location; 999 164th Avenue NE, Bellevue WA 98008 between the hours of 12 p.m. – 4 p.m. Monday-Thursday 425-747-4937

Mental Health Provider Referral Services

Washington's Mental Health Referral Service for Children and Teens

[PAL and WA Mental Health Referral Service for Children and Teens](#) or call [833-303-5437](tel:833-303-5437)

Washington's Mental Health Referral Service for Children and Teens connects patients and families with evidence-supported outpatient mental health services in their community. This free, telephone-based referral service is funded by Washington Healthcare Authority and operated by Seattle Children's.

The Mental Health Referral Service will provide thorough mental health referrals for children and teens 17 and younger from across Washington.

Care Solace

With a network of over 560,000 providers and services, Care Solace will help you find the right help at the right time, 24/7/365, at no cost to you. They will connect you with providers accepting all medical insurances, including Medicaid, Medicare, and sliding scale options for those without insurance.

You can access Care Solace services in three ways:

- Call 888-515-0595 at any time. Multilingual support is available 24/7/365. A dedicated Care Companion will help you every step of the way to research options, secure appointments, and follow up to make sure it is a good fit.

- Search anonymously to get matched with an extensive list of care providers at Caresolace.com/lakewashingtonsd
- Contact your school health professional, and they will submit a referral on your behalf.