

STUDENT SUPPORT SERVICES

How to connect?

Self-referral
Parent referral
Administrative, teacher and/or staff referral
Peer referral

Reason to contact a counselor

Academic support
Social/emotional concerns
Career development
Referral to outside agencies
Support during personal crisis
Post-secondary planning

Resources available

Peer Mentoring
Peer Tutoring
Senior Transition
College Trips
Parent Universities
Conflict Management
Bully Prevention
Suicide Prevention
Advisory
Tutorial
Office Hours

Resources available

For a list of outside community resources contact
Mr. Williams (JH) or Mrs. Mason (HS)

Shasta County Mental Health (24/7):
530-225-5252
Suicide and Crisis Lifeline: 988

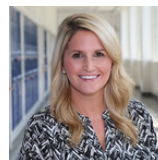
Wellness Support

The school counseling program is designed to provide students and families with a range of supportive services, including referrals to community agencies. The counseling center provides a safe, supportive environment where students can go to discuss a variety of issues from depression, grief, self-esteem, homelessness, foster care, substance use disorders, disabilities, mental illness, family life and stress to dating violence, gender identity and health issues. Students can get help and recognize that there is no stigma associated with seeking mental health, substance abuse, gender identity, or other supportive services. Through on-campus programs and community-based partnerships, students receive counseling and other support services to maximize student engagement and success.

Meet your counselors



Mr. Williams
Junior High Counselor
mwilliams@suhsd.net



Mrs. Mason
High School Counselor
kmason@suhsd.net



Mr. Maikranz
Academic Support Counselor
jmaikranz@suhsd.net