

Jefferson Union High School District Wellness Access Plan for Students/Families:

We are aware that this time of uncertainty and disruption in our daily schedules may result in feelings of stress and anxiety. As such, students can request to speak with a Wellness Counselor during the At Home Learning period by following the instructions below.

If this is a medical or mental health emergency, please do not send an email but contact the following resources immediately:

- 911 or visit your nearest hospital emergency room if you can get there safely
- Crisis Text Line: text "home" to 741-741
- National Suicide Prevention Hotline: 1-800-273-8255
- StarVista Crisis Hotline: 650-579-0350
- Trevor Project (for LGBTQ youth): 1-866-488-7386 or text START to 67867

➤ **WELLNESS COUNSELORS ARE AVAILABLE FOR STUDENT SESSIONS VIA PHONE VIA GOOGLE VOICE AND VIDEO VIA ZOOM DURING MON-FRI, FROM 8AM - 3PM.**

- Students can email Nico at nstorrow@jeffersonunion.net to make appointments via their District email **only**. All appointment requests must come through students' District gmail in order to insure that we are in contact with JUHSD students.
- If a student does not have access to email, they can leave a message on their Wellness Counselor's extension at school. Wellness Counselors will check their voicemail twice a day, so this is not an ideal way to get an appointment quickly.
- It is important for students and their families to understand that while the District takes student confidentiality very seriously, we can not guarantee 100% confidentiality in our use of telehealth counseling meetings as the internet and telephone are susceptible to outside interference.

Parents and guardians, please see this [article](#) by Child Mind Organization about talking to children about COVID-19.

Wellness Access Plan for Parents/Guardians:

Parents and guardians can also schedule time to talk to Wellness Counselors. Please email Nico Storrow nstorrow@jeffersonunion.net. You can also call 650-550-7307 and leave a message on Nico's extension at school. Wellness Counselors will check their voicemail twice a day, so this is not an ideal way to get an appointment quickly.

Additional Resources and Phone Numbers for Support

- Community Overcoming Relationship Abuse (CORA): 1-800-300-1080
- National Parent Helpline: 1-855-427-2736
- National Runaway Safeline: 1-800-RUNAWAY
- National Suicide Line: 1-800-SUICIDE
- National Teen Crisis Line: Text "LISTEN" to 741741
- North County Behavioral Health and Recovery Services - counseling services: (650) 301-8650
- Rape Trauma Services, 24 hour hotline: (650) 692-7273

- San Francisco Parent Talkline: 1-415-441-5437
- San Mateo County Immigration Services: (650) 363-4194
- StarVista's Online Teen Support Chat Room: onyourmind.net
- StarVista's Counseling Services: (650) 355-8787