



WEST SONOMA COUNTY HIGH SCHOOL DISTRICT

462 Johnson Street, Sebastopol, California 95472
(707) 824-6403 • (707) 823-2629 Fax

Dear families,

With just a few weeks left in the 2016-17 school year this is an exciting time for many students. May is also mental health awareness month and the wellness and mental health of our students is vital for them to learn, grow and reach their potential. We also know that for some of our students the teen years can be very difficult, stressful and overwhelming. We believe that in order for students to thrive in an educational environment, it is essential for them to feel safe, secure and supported. Listed below are a few resources that you can share with your young adult and their friends on all three of our high school campuses Analy, El Molino and Laguna.

WSCUHSD Resources on all campuses

- Academic Counselors
- Drug & Alcohol Counselor
- Outreach Therapists
- CAPE: Crisis Assessment, Prevention, & Education Counselors

Community Resources Available:

-24 Hour Hotline: North Bay Suicide Prevention Hotline of Sonoma County 855.587.6373. All people living in these North Bay counties now have access to immediate, confidential, high-quality and effective 24/7 suicide prevention hotline services.

-24 Hour Emergency Hotline S.A.Y.: Social Advocates for Youth / for Teens and/or Parents - 888.729.0012. The Dr. Coffee Teen Shelter is open 24 hours a day. Services are available in English and Spanish.

-Sonoma County Behavioral Health/Crisis Stabilization: members of the public may speak with a licensed clinician 24/7. Call: 707.576.8181

-Forestville Teen Clinic - Drop in or Appointments, 6570 1st Street
Forestville, CA 95436, (707) 887-0427, <http://www.wchealth.org/location/Forestville-teen-clinic>

We look forward to continuing to partner with you to support our high schoolers with these mental health and wellness resources.

Sincerely,

Dr. Steven Kellner, Superintendent

The mission of the West Sonoma County Union High School District is to provide high quality instruction as Student achievement is our top priority."