

How to seek Mental Health support at Folsom High School

In a non-emergency situation, reach out to an adult on campus (a teacher, counselor, assistant principal, etc.) and let them know what's going on.

1

(You can go to them in person or email them if that's more comfortable for you.)

2

If you reached out to someone other than your counselor, they will reach out to your counselor for you.

Your counselor will follow up with you within 2 school days!

Your counselor will meet with you and support you. If needed, they will help get other supports in place for you, as needed (outside counseling, Mental Health Specialist support at school, etc.).

3

If you're at school and it's an emergency, please go to the counseling or AP office immediately.

If you're at home and experiencing a mental health emergency, please go to your parent/guardian OR call 9-1-1

E: smontes@fcusd.org (Last Names A-C & FLHS)

E: ndeatherage@fcusd.org (Last Names Hf-Md)

E: nestrada@fcusd.org (Last Names S-Z)

E: madorjan@fcusd.org (Last Names D-He)

E: nvaughan@fcusd.org (Last Names Me-R)

W: <https://sites.google.com/fcusd.org/fhs-flhs-student-hub/home>