

COUNSELING SERVICES AVAILABLE

at our school



**Feeling anxious or
overwhelmed?**

**Need someone
to talk to?**

**Our school's counselor
is here for you.**

**MEET YOUR
COUNSELOR:**

Name: _____
Room Number: _____
Phone Number: _____
Email: _____

Services are offered in partnership with:



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COUNSELING HELPS ADDRESS:

- Relationship problems
- Self-esteem issues
- Feelings of loneliness
- Issues at home
- Self-harm behaviors
- Traumatic experiences
- Bullying concerns
- Anxiety and depression
- Life choices

MEET YOUR COUNSELOR:

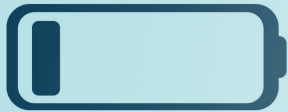
Name: _____
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Phone Number: _____
Email: _____

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Feeling low?

Need some support?

Drop by and let's talk!

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Need help?

Our school's counselor offers a safe, confidential space to talk about what's on your mind.

Reach out and take the first step towards feeling better.

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**MEET YOUR
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Name: _____
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Phone Number: _____
Email: _____

Services are offered in partnership with:



800-438-1772 | ChristianFamilySolutions.org



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