COUNSELING RESOURCES
LAKE ORION HIGH SCHOOL

NOTE FROM STAFF
We understand there are challenges in these uncertain times and our school staff wants to support our students, even from a distance. Please check in anytime students feel the need. Their academic, social, emotional, and mental health remain the most important part of our job. Please know that email sessions will be private on our end, but that being at home can cause a lack of privacy due to close quarters.

GOALS
To Provide:
- School emotional support check-ins
- Learning and counseling/emotional support services

PROCESS
- Email appropriate staff member.
- Share concern, time to begin email exchange.
- Counselor will confirm time works.
- Begin counseling/support at designated time.

Counselor/Staff Hours
Monday- Friday
8:30 a.m.- 3:30 p.m.

Crisis Resources
Common Ground (Call/Text)
800-231-1127
National Suicide Lifeline
800-273-8255
OK2SAY
855-565-2729

STAFF
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LakeOrionSchools.org/CommunityResources