



Woodside High School Mental Health and Wellness Resources for Students and Families 2020

MENTAL HEALTH AND SUPPORT SERVICES REQUEST FORM

Welcome back Woodside Wildcat community! Thank you to our generous supporters and donors through the Woodside High School Foundation, we will continue to provide school mental health and support services to students remotely during this time of distance learning. You can request to meet/talk to a mental health counselor one on one, request to speak with someone regarding community resources, or join/find out more about one of our groups coming soon. Mental health counselors can meet by phone, Google Hangout, Zoom or FaceTime. You can request to speak with a mental health counselor by completing and submitting this form:

[Appointment Request Form \(English\)](#)

[Solicitud de cita para apoyo del bienestar estudiantil \(Español\)](#)

We take appointments during regular school hours, Monday-Friday from 8:00 AM - 3:30 PM only. Requests made after-school, in the evening, on weekends, or during school breaks including summer will not be checked until the next school day or start of the academic year. Sessions will begin the week of August 31st.

MINDFUL MONDAY AND WELLNESS WEDNESDAY

- Mindful Monday Newsletter starts August 31st
 - The newsletter will introduce a topic to think about, be mindful about
 - Download the App: Atlas Co and listen to the podcast of the week
 - If you need more help and/or would like to discuss the topics further, students can use the appointment links to get help during our Wellness Wednesday follow up, which can be an individual check-in or group check-in.
 - Atlas Co, which is an app you can download on your mobile to listen to helpful podcasts on a variety of topics, create journal entries, and set goals. More info: about Atlas <https://www.atlasmh.com/>- Once you download the app students can create a free account using your seq.org email address and access their helpful resources.



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[Distance Learning Wellness Support Packet](#)

[The Calm Wildcat - Virtual Calm Room](#)

[Mental Health and the Pandemic: A Guide on Getting Through COVID-19](#)

[SUHSD Student Resources page](#)

[SUHSD Parent Education Page](#)

OTHER COMMUNITY RESOURCES

[Boys & Girls Clubs of the Peninsula - Food, Social, and Academic Support](#)

[San Mateo County COVID-19 Community Resources](#)

[San Mateo County Health Mental Health and Substance Use Resources](#)

[San Mateo County COVID-19 Resources for Families \(Chinese\)](#)

[San Mateo County COVID-19 Resources for Families \(Spanish\)](#)

[San Mateo County COVID-19 Resources for Families \(English\)](#)

[Bay Area Clinical Associates - IOP, Outpatient Services, Teen Therapy Group](#)

[Legal Aid at Work - Relief Funds for Undocumented Workers in California](#)

ACADEMIC SUPPORT

Teacher Office Hours: please report to your teacher's Canvas page to access their office hours

CONTACTS

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