

# KHS & PCDS Counselor's Corner

Mrs. Portney, Mrs. Yamada & Mrs. Lee

## Tips for Students as we revisit our habits

- ♦ Get involved in and activity you enjoy
- ♦ Be at school everyday
- ♦ Be on time to your classes
- ♦ Participate in your classes
- ❖ Give yourself time to adjust
- ♦ Work on 1 area you want to improve
- ♦ Keep trying until your new habit feels natural
- ♦ Ask for help if you need it.

## We are here for you! Need to talk with a counselor?

Send us an email or text our Google Voice numbers:

Mrs. Portney, Academic Counselor—  
[CMPortne@fcusd.org](mailto:CMPortne@fcusd.org) , (916) 564-2164

Mrs. Yamada, Mental Health Specialist—  
[Ayamada@fcusd.org](mailto:Ayamada@fcusd.org) , (916) 581-1711

Mrs. Lee, Mental Health Specialist—  
[elee@fcusd.org](mailto:elee@fcusd.org) , (916) 235-3837

Or click [HERE](#) to schedule a Meeting

## Fall 2021 – Back on campus

All of us have been living differently for the past 18 months, now we are adjusting to being back on campus. We are revisiting our habits and adjusting them. Staff are here to support you if you encounter an obstacle that prevents your from moving forward. Below are some additional resources:

### CRISIS TEXT LINE |

Text [HELLO](#) to 741741 from anywhere in the United States, 24/7.



<https://thesourcesacramento.com/>

916-787-7678 or 916-SUPPORT

Call-Text-WebChat

24/7 Mental health support



[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

1-800-273-8255

24/7 Call-WebChat



[Sacramento County Mental Health ACCESS Team](#)

(916) 875-1055 or toll free (888) 881-4881

24/7 Mental Health Crisis Calls



[www.211sacramento.org/211](https://www.211sacramento.org/211)

Referrals to 1,600+ community services in the Sacramento area. Call: 211 (711 for hearing impaired) or 1-800-500-4931 or 916-498-1000