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**How to Stay Connected During Summer Break**

Evergreen Middle School students and families,

Even though it’s summer, that doesn’t mean we aren’t still here to support you! Our behavioral health specialist from Youth Eastside Services, Stephanie Lundquist, will be available to you all summer long!

If you are experiencing symptoms of stress, anxiety, sadness, or maybe would just like to check in with someone, we encourage you to reach out! Check out your options below and decide what might be right for you.

**Are you interested in briefly checking in with someone to get some skills or resources?**

If yes... check out Stephanie’s Zoom office hours Wednesdays, 10am-12pm

Please register in advance. To register [please click here](https://zoom.us/meeting/register/tJArcemuqDstHNJs1CEnffmwHxcGyG4xZDx4)

Once you’ve registered, you will receive an email with the meeting link, simply follow that on any Wednesday, any time between 10am-12pm.

**Are you interested in having weekly meetings with Stephanie to work on a specific goal via video chat?**

Give her a call at 425-747-4937 ext. 2720 during the week (M-Th 9am-4pm). If she doesn’t answer, leave a message with your name, phone number, and the best time to call at. Keep in mind she will **NOT** be available on Fridays (Starting 07/03/20) and on the weekends.

**Are you interested in connecting with a more long-term mental health counselor?**

Call Youth Eastside Services at 425-747-4937 to set up an intake.

Other services YES provides: Substance Use Disorder assessment and counseling, co-occurring disorders counseling, DBT, Road to Recovery groups and if needed, psychiatric care.

**FREE** groups running throughout the year and during the summer: UPROADS (sober support), B-Glad (LGBTQ+ support), Latino H.E.A.T. and Latinos Unidos (Latinx students). Services are **FREE** to students in the Lake Washington School District. Just call the agency for more information!

**These are not good options if you feel like you need immediate help or are experiencing a crisis. Please call** **Crisis Connections at 206-461-3222, call 911, or text HOME to 741741 if you feel like you or someone else is experiencing a crisis.**