

from the counselor corner

HELLO WESTMONT WARRIORS,

During these unprecedented times, we want to let you know that we are here to support you. We understand there are a lot of uncertainties and we hope this information clarifies some of them. Counselors will try to get back to you within 24-48 hours. Please read this message in its entirety.

- Schedule requests for 2020-21 school year
 - Submit your green request form electronically (screenshot) to your individual counselor.
 - New deadline: May 1st! But we encourage you to submit it as soon as possible.
 - More questions? [Academic Offerings](#)
- Attention Seniors- Class of 2020
 - Your counselor will continue to monitor your graduation status.
 - It is important that you continue to check your email as we will be sending you important updates.
- All Students
 - Please contact your teachers for class specific questions or concerns.
 - Visit our website! [Counseling Department](#)
 - Mental Health Resources
 - For some Mindfulness Techniques: [Mindful Warriors](#)
 - National Suicide Prevention Hotline (24 hrs): 1-800-273-8255
 - Crisis Text Line: Text HOME to 741741
 - Santa Clara Suicide & Crisis Line: 1-855-278-4204
 - Bill Wilson Youth Hotline: (24 hr suicide, LGBTQQ + support, shelter, Crisis Line): 408-850-6125
 - Police Non-emergency number: 408-866-2101

Stay healthy and stay home!

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♪ We're all in this together, and it shows, when we stand, hand in hand (jk, 6 feet apart),
make our dreams come true ♪

