
**MENTAL
HEALTH**

IS JUST AS IMPORTANT AS

**PHYSICAL
HEALTH**



KNOW SOMEONE WHO NEEDS HELP? TALK TO US.



WE CARE ABOUT YOU

AS WE MOVE THROUGH THE COURSE OF THE SCHOOL YEAR, IT'S NORMAL TO FEEL A VARIETY OF EMOTIONS AT DIFFERENT TIMES.

YOU MAY FEEL HAPPY WHEN YOU'RE CHEERING ON YOUR TEAM AT A SPORTING EVENT, OR OVERWHELMED WHEN YOU HAVE TOO MUCH HOMEWORK. AT TIMES, YOU MAY FEEL UPSET THAT YOU EARNED A BAD GRADE, OR WORRIED ABOUT SOMETHING GOING ON IN YOUR PERSONAL LIFE.

**YOUR FEELINGS ARE VALID,
NO MATTER WHAT THEY ARE**

YOU ARE A MEMBER OF OUR WOLFPACK FAMILY, AND WE WANT TO MAKE SURE YOU KNOW WE CARE ABOUT YOU AND ARE HERE FOR YOU.

It's okay to ask for help

WE HOPE SOME OF THESE LINKS AND RESOURCES HELP BRING YOU SOME CALM. DON'T FORGET TO REACH OUT TO SOMEONE YOU TRUST IF YOU NEED HELP.

WE ARE HERE TO SUPPORT YOU!



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HERE'S SOME
INFO ABOUT
OUR PEER
COUNSELING
PROGRAM



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WHAT IS PEER COUNSELING?

PEER COUNSELING IS A SAFE SPACE WHERE YOU ARE ABLE TO TALK TO A PEER COUNSELOR ABOUT SOMETHING THAT MAY BE GOING ON IN YOUR LIFE. WE ARE TRAINED COUNSELORS THAT ARE HERE TO LISTEN AND GUIDE YOU. WE PROVIDE KNOWLEDGE, EMOTIONAL, SOCIAL, OR PRACTICAL HELP!

EVERYTHING WE DISCUSS IS CONFIDENTIAL, EXCEPT WHEN IT INVOLVES HARM TO SELF OR OTHERS.
THIS IS A SAFE PLACE!

REYBURN: MR. BATTY (RM 105)
CLOVIS EAST: MR. DAVIS (RM P12)

[CLICK HERE TO WATCH A VIDEO DEMONSTRATING THE PEER COUNSELING PROCESS](#)



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CONCERNED ABOUT SPEAKING WITH A PEER COUNSELOR?

don't worry...

- WE DON'T GIVE OUT ADVICE
- WE DON'T TELL OTHER PEOPLE OR TEACHERS ABOUT WHAT WE'RE TALKING ABOUT
- WE DON'T JUDGE YOU OR WHAT YOU'RE GOING THROUGH, NO MATTER WHAT
- WE DON'T LIE TO YOU OR GIVE YOU FALSE INFORMATION
- WE DON'T TEASE YOU ABOUT WHAT YOU'RE GOING THROUGH
- WE DON'T BULLY YOU IN FRONT OF YOUR FRIENDS OR BULLY YOU AT ALL

**WANT TO SPEAK WITH SOMEONE?
GO TO OUR WEBSITE TO MAKE A REQUEST OR EMAIL
MR. DAVIS (DERRICKDAVIS@CUSD.COM)
[HTTPS://REC.CUSD.COM/CEHSEMOTIONALWELLNESS.ASPX](https://rec.cUSD.com/CEHSEMOTIONALWELLNESS.ASPX)**

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OTHERS. THIS IS A SAFE PLACE!



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HERE'S SOME INFO ABOUT CSI



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WHAT IS CSI?

CLOVIS SUPPORT AND INTERVENTION (CSI) IS A SAFE AND CONFIDENTIAL PLACE TO TALK WITH A SMALL GROUP OF PEOPLE WHO CARE AND ARE GOING THROUGH SIMILAR CHALLENGES OR STRUGGLES. NO PROBLEM IS TOO SMALL; THIS PROGRAM IS FOR ANYONE IN NEED OF SUPPORT.

CSI IS A GOOD ALTERNATIVE IF YOU AREN'T COMFORTABLE WITH 1 ON 1 DISCUSSIONS.

CSI SESSIONS ARE AVAILABLE ALL YEAR!



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WANT TO HELP
A FRIEND WHO
IS STRUGGLING?



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WAYS YOU CAN HELP

- LISTEN TO THEM AND LET THEM TALK. EXPRESS YOUR CONCERN, AND REMIND THEM YOU CARE ABOUT THEM.
- JUST BE AVAILABLE TO THEM. HELP THEM SEEK HELP. DON'T LEAVE THEM.
- TELL A TRUSTED ADULT IF THEY MENTION SELF HARM, BEING HARMED BY SOMEONE, OR IF THEY ARE PLANNING ON HURTING SOMEONE.
- TALK WITH A TRUSTED ADULT SUCH AS A TEACHER, COACH, COUNSELOR, OR PARENT. CONSULT THE PSYCHOLOGIST.



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MEET A FEW OF OUR REC STAFF MEMBERS TRAINED TO FACILITATE CSI GROUPS

Jamie Swisegood
Rm 710

Andrea Brazil Rm 702

Veronica Hicks
Sequoia Ofc

Logan Hopkins Rm 652

Kristi Bolin Rm 505

Zane Wilkins
Rm 115

Veronica Mendez
Yosemite Ofc

Thea Tan
Yosemite Ofc

Derrick Davis Rm 655

Andrew Pancotti
Weight Room

Tim Adebayo
Yosemite Ofc

Lucinda Giannetta
Sequoia Ofc

AJ Blackburn
Rm 724

Sara Higgins Rm 103

Yvette Barragan
Yosemite Ofc

Jason Lowry SRC

Lada Xiong
Yosemite Ofc

Anel Avalos
Yosemite Ofc

Karen Christensen
Reyburn Nurse's Ofc

Jennifer Leslie
Rm 209

Robyn Clark Rm 110

Ashley Mushegan
Rm 135

Melissa Saunders
Sequoia Ofc

Emily Mackenzie
Rm 723

Bao Xiong
Yosemite Ofc

Jazmin Velazquez
Custodial

Austin Sebra Rm 620

Lisa McPhetridge
Rm 612A

Matt Tobin Rm 616

Karen Sensenbach
Rm 701

Loree Sisterson
CE Deputy Prindpal's Ofc

Aneltra Davis
Rm 510

Erica Green SRC

Caren Burgess
Rm 508

Tyler Akers
Rm 727

Carol Vande Kerkhoff
Rm 708

We're Here For You

(And more trained each year) Not Pictured: Jeramiah Gruendemann, Lisa Robinson



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WE CARE ABOUT YOU, WOLFPACK!!

WE ARE HERE TO HELP

EMOTIONAL SUPPORT FOR YOU OR YOUR FRIENDS



CSI (Clovis Support Intervention)

Group discussions with a trained staff member

Who: Any Teacher, Counselor, Coach, Administrator; Peer Counseling with Mr. Davis or Mr. Batty

COUNSELING OFFICE

Start the conversation with your counselor about what you need and/or how to get the help for you or your friends

Where/Who: Counseling Office with Mr. Johnson, Mr. Avants, Mr. Flint, Ms. Fontenot, Ms. Hamilton, Dr. Lee, Ms. Lopez, Mr. Rostro, Ms. Salery, Ms. Vang, or Ms. Hulbert

TRANSITION OFFICE

Academic or emotional support for you or your friends

Where/Who: Yosemite Office with Ms. Brar, Ms. Vang, Ms. L Xiong, Ms. Tan, Ms. Damian, Ms. Moua, Mr. Robinson, Mr. Semien, Mr. Silvas, Mr. Strosnider, or Ms. Woods

SRC OFFICE

Can offer behavioral support for you or your friends

Where/Who: SRC Office (above the library) with Mr. Gamez, Mr. Cardona, Ms. Tyson, Officer Meyers, Officer Chun, Mr. Bustamante, Mr. Lopez, Ms. Muggs, Mr. Ruiz, Ms. Strausser, Mr. Yenigues, Ms. Hennecke, or Ms. Keifer

PSYCHOLOGIST

Emotional support for you or your friends

Where/Who: Sequoia Office with Ms. Giannetta, Ms. Gutierrez, Ms. Hicks, or Ms. Saunders (Clovis East)
Where/Who: Summit Office with Ms. Escobar (Reyburn)

NURSE'S OFFICE

Health related support for you or your friends

Where/Who: Clovis East Main Office with Ms. Vang or Ms. Sims
Where/Who: Reyburn Main Office with Ms. Lurlay or Ms. Palmer

TIMBERWOLF TERRITORY

A safe place for you and your friends to go to eat lunch

Where/Who: Look for bright green signs outside participating teachers' doors with available days/times

SUICIDE AND CRISIS LIFELINE: 988

DRUG ABUSE HOTLINE: 1-800-662-4357

CRISIS TEXT HOTLINE: Text HOME to 741741



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**WHETHER YOU'RE ON OR OFF CAMPUS,
THERE IS HELP AVAILABLE**

**EVER HEARD
OF A VIRTUAL
CALMING
ROOM?**



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HERE ARE SOME LINKS THAT MIGHT BE HELPFUL

[LISTEN AND RELAX TO THE SOUNDS OF NATURE](#)

[WATCH LIVE ANIMAL CAMS](#)

[FREE JIGSAW PUZZLES](#)

[EXERCISE YOUR MIND WITH SOME FREE SUDOKU](#)

[FREE AT-HOME WORKOUTS](#)

[VIRTUAL YOGA](#)

[FREE AUDIO RESOURCES FOR MINDFULNESS
MEDITATION](#)

[ONLINE COLORING PAGES FOR TEENS](#)

[MAKE YOUR OWN COMIC BOOK](#)

[SKETCH PAD](#)

[WATCH THE WORLD'S WATERFALLS](#)

[COLOR KALEIDOSCOPE](#)

[HTTPS://REC.CUSD.COM/CEHSEMOTIONALWELLNESS.ASPX](https://rec.cUSD.com/cehsemotionalwellness.aspx)



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THERE IS HELP AVAILABLE**

**HERE ARE
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FRIENDS**

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EVEN WHEN YOU'RE OFF CAMPUS, THERE IS HELP AVAILABLE

SUICIDE AND CRISIS LIFELINE	CALL OR TEXT 988
LOVEISRESPECT	1-866-331-9474
THE TREVOR PROJECT	1-866-488-7386
NATIONAL EATING DISORDER ASSOCIATION	1-800-931-2237
NATIONAL ALLIANCE ON MENTAL ILLNESS	1-800-950-6264
RAPE, ABUSE AND INCEST NATIONAL NETWORK	1-800-656-4673
NATIONAL DOMESTIC VIOLENCE HOTLINE	1-800-799-SAFE (7233)
NATIONAL SEXUAL ASSAULT HOTLINE	1-800-656-HOPE (4673)
DRUG ABUSE NATIONAL HELPLINE	1-800-662-4357
S.A.F.E. (SELF ABUSE FINALLY ENDS)	1-800-DONT-CUT

**[CLICK HERE TO VISIT THE CUSD
COMPREHENSIVE WELLNESS WEBSITE](#)**



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DON'T FORGET...

We care about you!

#WOLFPACKMEANSFAMILY



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