

Emotional Safety Resources

We know these are uncertain times as students prepare to return to the building. There may be some anxiety building. We have provided resources to help address emotional safety that your student can access.

Access your NSHS School COUNSELORS: [HERE](#) and [HERE](#)

They are here if you need to talk to someone about concerns regarding their social-emotional well-being.

(A-C) Maria Mendoza: mendoza_maria@salkeiz.k12.or.us (971) 915-4899

(D-Ha) Cristal Ramos: ramos_cristal@salkeiz.k12.or.us (971) 900-5210

(Hb-Mc) Rosa Rivera: rivera_rosa@salkeiz.k12.or.us (971) 915-1628

(Md-R) Leticia Jaramillo jaramillo_leticia@salkeiz.k12.or.us (971) 915-4773

(S-Z) Jordan Augustadt augustadt_jordan@salkeiz.k12.or.us (971) 915-4907

Mental Health Referral - Connect with your school counselor to discuss if long-term counseling is appropriate and make a referral to access a mental health counselor.

Student Support

If there are concerns about bullying, harassment, or questions about discipline please connect with:

Jack Martino: martino_jack@salkeiz.k12.or.us (971) 337-2141

Dan Ittner: ittner_daniel@salkeiz.k12.or.us (971) 915-4358

Crisis Hotlines

- Psychiatric Crisis Center (PCC): (503) 588-5351 or (503) 588-5352
- Youth and Family Crisis Services: (503) 578-4673
- Lines for Life-Suicide Hotline: (800) 273-8255 or (877) 968-8491
- Suicide Prevention Lifeline: call 1-800-8255 or text "teen2teen" to 839863
- Crisis Text Line: Text HOME to 741741

Resource List

- Marion County Resource List: [Here](#)

Grief & Loss Resources

- Willamette Valley Hospice Grief Support [Grief Support and Services | Willamette Valley Hospice \(wvh.org\)](https://www.wvh.org)
- After a Death due to illness, medical reasons, an accident, or violent death. Use the filters on this [page](#) to find articles, podcast episodes, and activities just for you.
- Tips for Grieving Teens [here](#)
- Helping a Friend [here](#)