

MENTAL HEALTH TIPS

**"YOUR PRESENT
CIRCUMSTANCES
DON'T
DETERMINE
WHERE YOU GO;
THEY MERELY
DETERMINE
WHERE YOU
START."**

**-DR. LAUREN FOGEL
MERSY**

1. Get regular exercise
2. Eat healthy, regular meals and stay hydrated
3. Make sleep a priority
4. Try a relaxing activity
5. Set goals and priorities
6. Practice gratitude
7. Focus on positivity
8. Stay connected

For additional tips & resources
SCAN THE QR CODE



SUHS Student Mental Wellness Resources



2665 Acacia Avenue
Sutter, CA 95982

LOCAL RESOURCES

In case of an emergency, call **911**

Sutter-Yuba Behavioral Health

(Main Business Hours):

Adult: 530-822-7200

Youth: 530-822-7513

Crisis Services:

530-673-8255

888-923-3800

Sutter-Yuba Behavioral Health

Psychiatric Emergency

530-673-8255

Adventist Health & Rideout

Emergency

530-749-4300

Sutter County Sheriff

Non Emergency

530-822-7307

Yuba City Police Department

Non Emergency

530-822-4660

SUHS COUNSELORS

Resources available on campus:

Francesca Ehrk

Director of Guidance

fehrk@sutterhigh.k12.ca.us

530-822-5161 ext.217

Bethany Hutchinson

School Counselor

bhutchinson@sutterhigh.k12.ca.us

530-822-5161 ext.132

Maria Rivera Xiong

School Counselor

mxiong@sutterhigh.k12.ca.us

530-822-5161 ext.131

Katelyn Allison

Student Support Counselor

katelyna@sutter.k12.ca.us

530-822-5161 ext. 127

Marissa Giovannoni

Testing Coordinator

mgiovannoni@sutterhigh.k12.ca.us

530-822-5161 ext.218

Stop by the Counseling and Career
Center to make an appointment!

NATIONAL RESOURCES

In case of an emergency, call **911**

Suicide & Crisis Lifeline (24/7)

Call or Text 988

1-800-273-TALK (8255)

The Trevor Project (LGBTQ)

1-866-488-7386

Domestic Violence Hotline

1-800-799-7233

Text START to 88788

National Child Abuse Hotline

1-800-422-4453

National Parent Hotline

1-855-427-2736

Rape/ Sexual Assault Center

1-800-621-4673

1-800-656-4673

SAMHSA National Helpline

1-800-662-4357