



## **IN-PERSON MENTAL HEALTH/COUNSELING SUPPORT**

**WHERE: HIGHLAND MIDDLE SCHOOL**

**WHEN: TUESDAYS & THURSDAYS**

**TIME: 12-4 P.M.**

**(DROP-IN. NO APPOINTMENT REQUIRED.)**



BSD is pleased to provide drop-in, in-person counseling support for middle and high school students during this period of quarantine and continued remote learning.

Safety for students and staff continues to be of utmost importance. Prior to your drop-in counseling visit, you will need to complete a required health screening. For more information, please visit the website below.

<https://bsd405.org/services/health/covid-19-health-and-safety/screening-for-covid-19/>

Questions? Please contact Director of Counseling, Kerince Bowen by phone: (425) 480-8114 or by email: [bowenk@bsd405.org](mailto:bowenk@bsd405.org).

