

WHAT LEVEL OF SUPPORT DO YOU NEED FROM YOUR COUNSELOR?

1

This Week

SCHEDULE AN APPOINTMENT FOR THESE REASONS:

- Academic concerns including grades, classroom issues, or learning difficulties
- Scheduling Issues
- College or career support and career exploration
- Study Skills/ Peer Tutoring
- Ways to get involved at Cranford High School
- Discuss non-urgent issues having to do with friends, home, problem solving skills



2

Same or Next Day

SCHEDULE AN APPOINTMENT, STOP BY BEFORE/AFTER SCHOOL OR DURING LUNCH FOR THESE REASONS:

- Relationships concerns
- Conflict mediation
- Stress/Anxiety
- Social and/or behavioral concerns
- Other non-urgent mental health topics & coping skills
- If there are no available appointments in the next 48 hours, please email or stop in to see your counselor.



3

Immediate

NOTIFY A STAFF MEMBER AND/OR SEE YOUR COUNSELOR IMMEDIATELY FOR THESE REASONS:

- You or someone you know is in danger
- Suicidal thoughts by you or someone else
- Threats to hurt another person
- Law enforcement involvement
- Emotionally distraught with inability to de-escalate

FIND AN ADULT IMMEDIATELY

Counselors will always see students without an appointment before/after school or during lunch when possible. If it is a crisis someone will see you.