

Contacting the Student Support Department:

Students can meet with a learning specialist or personal counselor virtually by contacting them via Canvas to schedule an appointment. Communication will usually be conducted via Canvas messages or Microsoft Teams video conferencing. Contact is limited to online office hours. Please consult the [MS Info](#) class or the [US Info](#) class for academic and mental health resources from our department, as well as wonderful help from the Library and Technology Department.

Families who wish to speak with a member of the team may email them directly for a phone or video appointment time.

Student Support Online Office Hours:

Monday - Friday
8:00 am - 4:00 pm

Disclaimer: *The Overlake School has made every effort possible to secure all channels of communication, however, there may be times when we need to communicate through unencrypted electronic communication (i.e. video conferencing, email or phones). This may present a risk that material could be read by a third party, and therefore we cannot guarantee confidentiality. By using these forms of communication, you are indicating that you understand this risk and agree to proceed remotely.*

Academic Support:

Students are able to access academic support by Canvas messaging the designated Learning Specialist below:

- [Crissy Stemkowski](#), Learning Specialist for students in the 6th, 8th, 10th and 12th grade
- [Jennifer Friend](#), Learning Specialist for students in the 5th, 7th, 9th and 11th grade

Personal Support:

Personal counselors continue to provide school counseling services during Overlake Online. This means students may contact us as through Canvas messaging or email to request an appointment time. We will also reach out to students through Canvas as needed.

- [Susan Essex](#), Director of Student Support
- [Pauline Salgado](#), School Counselor

Mental Health Referrals:

Families may also reach out to [Washington's Mental Health Referral Service for Children and Teens](#). Consider contacting your student's primary care provider, a parent/guardian's employee assistance program, or a student's insurance company.

- National Suicide Prevention Lifeline: 1 (800) 273-8255.
- Crisis Connections: 1 (800) 427-4747
- Crisis Text Line: Text HOME to 741 741

* If you are in immediate concern for someone's safety, call 911. They will send professionals to do a check on the person's welfare.