Teen Health Counselors
Various Issaquah District Schools

What services to the counselors offer?
Confidential counseling and skill-building on many topics, including:
- Depression
- Anxiety and worry
- Relationship problems
- Family concerns
- Grief and loss
- Access to community resources

Who are the counselors?
All of our teen health counselors are licensed independent clinical social workers certified to diagnose and treat mental health conditions. All staff have prior experience in mental health assessment and counseling. As Swedish employees, they have access to other professionals for consultations, such as child psychologists or psychiatrists at Seattle Children’s Hospital.

Who can access services?
Any student at Liberty, Skyline, Issaquah or Gibson Ek High Schools, or Issaquah Middle School, can make an appointment with a teen health counselor by filling out an appointment request form available in the counseling office. In accordance with state law, teens 13 and older may receive confidential mental health counseling without parental knowledge or consent.

Can I refer a student?
Referrals are accepted from anyone who has a concern about a student and can be made by contacting a counseling secretary or academic counselor, or by contacting a teen health counselor directly. The counselors will reach out to the student about the concerns. However, the service is voluntary and students are not required to utilize our services. Counselors are bound by HIPAA laws and will not divulge any confidential information without student written consent.

In the event we feel a student is at serious risk for harming themselves or others, or in a case of child abuse or neglect, school staff, parents and authorities, as appropriate, will be involved.

To contact us:
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