



## SCHOOL COUNSELING AND COLLEGE & CAREER PLANNING

### Mental Health Services

- Want to speak to your counselor? Send an email or use Google Voice to your counselor, Ms. Ruff or Ms. Zimmer
- To schedule a counseling session: Contact your counselor and we will do a preliminary assessment to determine the best course of action:
  - If on-going counseling is needed, we can schedule regular meetings with your school counselor
  - More long-term counseling could result in a referral to either the Huckleberry House or Nationwide Children's Hospital
  - ACPA has school-based clinicians from both organizations that work specifically with our students to serve our students' needs
  - Counseling sessions are conducted virtually or by phone.
- Immediate crisis: If you are a student and this is a mental health emergency, please call 911 or have someone drive you to the emergency department at Nationwide Children's Hospital (ages 14 and younger) or the Ohio University (ages 15 and older). If you or someone you know is having suicidal thoughts, you can call or direct them to the Franklin County Youth Psychiatric Crisis Line at (614) 722-1800, the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line by texting "START" to 741-741.

### College and Career Planning

- College and career curriculum aligned to various post-graduation plans and differentiated based on grade level will be delivered in all education models.
- Seniors are expected to meet individually with their School Counselor and/or a representative from a partner agency to plan for post-graduation and receive individualized assistance.
- Refer to ACPA Counseling page for updated resources on:
  - College visits
  - Updated college application process
  - Important deadlines
  - College Fairs
- Attend live college career sessions on Tuesday during designated times
- View pre-recorded sessions available on ACPA Counseling page

### Contact Information

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