

# Student Support Counseling



# Who we are



Katie Bryant, LCSW

Kristi Waidhofer, LCSW

Elizabeth Sterling, Clinical Intern

250 suite near the Chap Room

# What do we offer:

Individual Counseling - depression, anxiety, school issues, school avoidance, family and friend issues, etc.

Crisis support

Advocate

Quiet place for students to be

Assist with transition back to school

Referral source - outside agencies/professionals, treatments centers, hospitalizations, etc.

Groups

Just ask and if we can't help, we will get you to who can

# What see the most

Anxiety - generalized, performance based

Stress/Overwhelmed

Depression

Family issues - divorce, parental conflict

Social issues

Self Injurious Behavior

Struggle with teacher/class

Struggle with coach/extra-curricular

Gender Identity

Disordered Eating - rule out/refer out

Substance Use - usually not the first issue

Homeless support

Trauma - an emotional response to a terrible event

# Who to go to when?

When in doubt, start with your counselor.

**Counselor** - more academic focus

**Student Support** - more emotional, social, crisis, community resources, discipline, etc.

**AP** - attendance, discipline related, etc. \*\*always helpful to include counselor\*\*

# Healthy Chaps

Weekly Blog

Speaker Series

Resources

And Much more!

# Other things

Senior Service Day

SEL/Challenge Success

Participate on Community Coalitions

Yoga & Mindfulness group

Mindfulness/Meditation - Spring

# Contact Us!

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