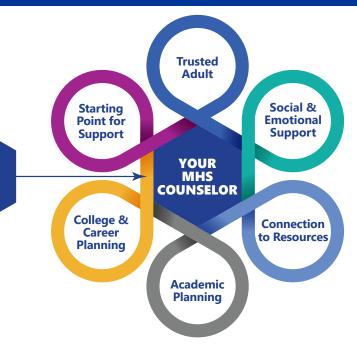
# WE ARE HERE FOR YOU, MINNETONKA.

YOU

Your Minnetonka High School counselor is available to support your social and emotional well-being and to help you reach your academic planning and postgraduation goals.

Your counselor can be your advocate, collaborating with you, your parents and your teachers to ensure your success. Don't wait. Don't hesitate.

Connect with us!





#### WANT TO WALK IN?

Check your class Schoology Page for your counselor's walk-in appointment schedule, which will be posted every Monday.

#### **START HERE**

- Confused or concerned? Connect with us! A trusted adult is always available to discuss an urgent matter or answer a quick question. You are always welcome in the Counseling office.
- Or... schedule an appointment to meet with your counselor in person, over the phone or through Google Meet. The best way to do that is emailing your counselor so they can send you a link to schedule a meeting with them.
- Know a friend in crisis? Please refer them to the Counseling office. Reaching out to your counselor or the student of concern's counselor is a great first move.

#### **SUPPORT**

- Are you struggling with courses, grades or personal issues? Connect with your counselor early-on to set sail in the right direction, maintain your confidence and succeed.
- Need to find balance? Let's discuss strategies for staying focused and ontrack to reach your personal goals.

#### **CONNECTIONS**

- There are experts all around us to help with deeper issues.
- MHS Counselors can refer you to community partners with expertise in wellness and healthcare.
- Get well so you can stay well!

#### **PLANNING**

- MHS is your school of opportunities! We can help you make course selections that align with the level of rigor you need, your passions and your plans.
- Wondering about college applications, letters of recommendation and postgraduation plans? Counselors and the College and Career Center are here for you.



MHS COUNSELING APPOINTMENTS: 952-401-5811

### VISIT WWW.MINNETONKASCHOOLS.ORG/WELLBEING

Check out the District's well-being website and download the Well-Being Guide for helpful information, including contact information for our community partners. As always, remember to dial 911 in an emergency.

Principal Jeff Erickson Minnetonka High School 18301 Highway 7 Minnetonka, MN 55345



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# HOW TO CONNECT WITH YOUR MHS COUNSELOR:

- Stop by the Counseling office during in-person walk-in hours
- Send a Schoology message to your counselor
- Email your counselor
- Phone your counselor

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