

Resource List for Parents

In a Crisis:

- National Suicide Prevention Lifeline: 1-800-273-8255 (TALK)
Children's Crisis Outreach Response System (CCORS)
- 911
- Local emergency room: Overlake or Children's Hospital

Other Important Resources:

- Your pediatrician or primary care physician
- Cathy Gentino, MIYFS Counselor at MIHS: 236-3290
- Chris Harnish, MIYFS Drug/Alcohol Counselor at MIHS: 236-3363
- Mercer Island Youth and Family Services (MIYFS) @ Luther Burbank Park for Individual and Family Counseling and Consultation: 275-7611
- Student's MIHS academic counselor (according to first letter of student's last name):
 - Susie Brown A-F 236-3362
 - Susan Sutherin G-Le 230-6013
 - Scott Churchill Lf-R 236-3355
 - Kathleen Stearns S-Z 236-3365
- Teen Link (teens talk to teens): 1-866-833-6546 (evenings 6-10pm)
- Crisis Text Line (available 24/7): text 741741 or visit www.crisistextline.org
- Crisis Chat: www.crisischat.org
- Forefront: Innovations in Suicide Prevention www.intheforefront.org

The MIHS *Forefront in the Schools* team is made up of:
Henterson Carlisle, Associate Principle
Cathy Gentino, MIYFS Counselor at MIHS
Chris Harnish, MIYFS Drug/Alcohol Counselor at MIHS
Kathleen Stearns, MIHS Academic Counselor
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