Sunset Ridge Counseling Program

Student Request for Counseling

*Dear Mrs. Willard,*

This:

**\_\_\_is an emergency** *(someone is getting or may get hurt)*

**\_\_\_is very important** *(no one is getting hurt but I can’t stop thinking about it).*

\_\_\_**can wait**

*(just something I’d like to talk about sometime).*

**I would like to talk with you about:**

\_\_\_my school work \_\_\_myself

\_\_\_my family \_\_\_my behavior

\_\_\_my friends \_\_\_something private

\_\_\_a conflict \_\_\_a bullying situation

***Provide more information for Mrs. Willard below****:*

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**First Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Last Name: \_\_\_\_\_\_\_\_\_\_\_\_\_**

**My teacher is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_**



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**First Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Last Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**My teacher is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_**