## **Sherman County School Support Services**

COUNTY

SCHOOL

We recognize that your safety, sense of belonging, and mental health is the foundation for learning. With the uncertainty of what the future will look like, it can lead to many mixed feelings and additional stress. Here at Sherman County School, we care and want to offer mental and social/emotional wellness support for students, families and staff through this ever changing time.

What services are available?

Sherman County School Counselor, Jennifer Bomberger-Hale, is available to offer assistance with social/emotional support, safety and wellness needs, and options for problem solving consistent routines as well as adequate learning environments.

How can I contact her?

Open call time: Monday- Friday from 3:00-6:00pm

Phone: 541-362-1170

Via email: jbomberger@sherman.k12.or.us

Virtual meetings are also available and highly encouraged – schedule via email.

## SHERMAN COUNTY SCHOOL SOCIAL & EMOTIONAL WELLNESS SUPPORT

## MID- COLUMBIA CENTER FOR LIVING WARM LINE

Warm Line is a non-crisis listening service for children, teens, and parents/guardians of children who may be struggling with emotional, behavioral, and mental health challenges.

How do I reach the Warm Line?

Call the Center for Living Sherman County office at (541)-565-3149 and ask for the Warm Line



When can I call?

Tuesdays 1pm-3pm (English and Spanish)
Thursdays 9am-11am (English and Spanish)

What do people talk about? Emotions, challenges, resources, and other needs/concerns

Is there any cost?

No, there is no charge for a call to the warm line and you do NOT have to be a client at Center for Living

For Crisis Please Call: 888-877-9147