

HILLSBORO COUNSELING SERVICES



CONNECTING WITH COUNSELORS

Counselors will be available via email. If you would like to visit “face to face” privately via ZOOM, we can set up an appointment.

Elementary Counselor

Mrs. Anderson

Jill.anderson@k12.nd.us

ZOOM ID:

Secondary Counselor

Mr. Schill

David.schill@k12.nd.us

ZOOM ID: 517-455-4311

Secondary Counselor Intern

Ms. Hintgen

taylor.hintgen@hillsborok12.com

ZOOM ID: 650-811-7942

CRISIS SERVICES

Sanford Childrens' Clinic Fargo (Urgent Care): 701.234.3620

Prairie St. John's: 701.476.7200

Red River Behavioral Health Services Grand forks: 701.772.2500

Rape and Abuse Crisis Center 24-hour crisis line: 1.800.334.7273

FIRSTLINK (dial for resources/help/emotional support/crisis: 2-1-1

WELL-BEING

Sometimes change can be a lot and everyone is impacted in different ways. Here is a small list of things you can try during these times of change.

Cooking

Arts & Crafts

Read a book

Home workout

Mindfulness

- Yoga
- Deep breathing
- “5 things”: name one thing you see, hear, touch, smell, taste or like the taste of
- Journaling

Practice gratitude

- 3 things you are grateful for

Journaling

Sleep

VILLAGE SERVICES

If you have been currently seeing the therapist from The Village at school, they will be reaching out to you in the near future.

