

El Sausal Middle School Counseling Department

SPARTANS! Welcome to the 2020-2021 school year!
We are excited to start a new school year and look forward to working with each and every one of you!

How to contact your counselor:

Spartans! The Counseling Department is here for you!
Outlined are the many ways you can contact us!

A to G

Mr. Gallegos

antonio.gallegos@salinasuhd.org
796.7200 EXT 8015

H to Q

Mr. Lopez

sergio.lopez@salinasuhd.org
796.7200 EXT. 8017

R to Z Migrant

Mrs. Gonzalez

elizabeth.gonzalez2@salinasuhd.org
796.7200 EXT. 8016

calendly.com/esmsgallegos

calendly.com/esmslopez

calendly.com/esmsgonzalez

- Book appointment using **Calendly** link above
- Fill out Google [Request Form](#)
- Email your counselor, *include your name grade and ID number in subject line*
- Call counseling office secretary Ms. Lozano 831-796-7200 ext. 8019

Counselors will review the google form Monday through Friday. Counselors will follow-up with you via email to answer your questions or set up appointments. We will make every effort to respond to all requests within 24 hours. **PLEASE CHECK YOUR EMAIL FOR INSTRUCTIONS.** Requests that come in on Friday may not receive a counselor response until Monday.



Counselor Office Hours for students:

Mondays
2:00pm to 3:30pm

Wednesdays
10am to 12pm

Tuesdays, Thursday, Friday
10am to 12pm and 2:00pm to 3:30pm

If you are experiencing an emergency and need immediate support call 911

Additional FREE support resources:

Text HELLO to phone number 741741 ([crisistextline.org](https://www.crisistextline.org)) ~ Monterey Crisis: 877-663-5433

California warm line: 855-845-7415 ~ Grief Busters 831-649-7758