



**LINCOLN
HIGH SCHOOL**



HELP IS AVAILABLE RIGHT HERE IN THE SCHOOL!

Do you have difficulty paying attention, staying organized or coping with other challenges of school?

Are you anxious, angry, irritable or sad?

Is it difficult for you to make and keep friends?

I am a school-based clinician with an office right here within Lincoln HS. I have experience working with children and their families.

I support students and families by addressing mental health needs in the familiar setting of this school.

This means easier access to help, fewer missed appointments, and more positive outcomes.

With help, you can improve:

Academic performance

Social interactions

Your family relationships, with parents and siblings

Your ability to manage and decrease feelings of anxiety or depression

Your self-esteem - how you feel about yourself & your future

Please contact me if you'd like to learn more about how I may be able to support

Connect with me through this confidential survey:



Christina Hogan, School-Based Clinician
The Guidance Center of Westchester at Lincoln HS

Chogan@tgcny.org

845-605-9903 (call or text)