

ISD Teen Health Counselors

Liberty High School

What services do the counselors offer?

Confidential counseling and skill-building on many topics, including:

- Depression
- Anxiety and worry
- Relationship problems
- Family concerns
- Grief and loss
- Access to community resources

Who are the counselors?

All of the Swedish teen health counselors are licensed independent clinical social workers certified to diagnose and treat mental health conditions. All staff have prior experience in mental health assessment and counseling. As Swedish employees, they have access to other professionals for consultations, such as child psychologists or psychiatrists at Seattle Children's Hospital.

Who can access the services?

Any high school student at Liberty High School can make an appointment with a teen health counselor by filling out an appointment request form available in the counseling office or emailing them directly. In accordance with state law, teens 13 and older may receive confidential mental health counseling without parental knowledge or consent.

Can I refer a student?

Referrals are accepted from anyone who has a concern about a student and can be made by contacting a counseling secretary or academic counselor, or by contacting a teen health counselor directly. The counselors will reach out to the student about the concerns. However, the service is voluntary and students are not required to utilize our services. Counselors are bound by HIPAA laws and will not divulge any confidential information without student consent.

In the event we feel a student is at serious risk for harming themselves or others, or in a case of child abuse or neglect, school staff, parents and authorities, as appropriate, will be involved.



Our mission is to foster the well-being of students at Issaquah schools so that they are safe, healthy and ready to learn.

Where do I find the counselors?

The teen health counselor at Liberty High School is located in the main counseling office; please see the counseling secretary for assistance.

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