



## Wellness Center Peer/Self -Referral

PLEASE NOTE: If you are worried about your immediate safety and/or the safety of others, please do not complete this form; speak to Wellness Staff **immediately**. If you are not able to visit the Wellness Center and are experiencing a mental health or medical emergency, contact 9-1-1.

You can also reach the Contra Costa Crisis Hotline by dialing 2-1-1 or the National Suicide Prevention Hotline at 1-800-273-8255

Referring Student's Full Name: \_\_\_\_\_

Self-Referral: \_\_\_\_\_

Full name of student being referred to the Wellness Center: \_\_\_\_\_

Grade \_\_\_\_\_

Reason for referral:

---

---

---

---