

**Questions about your child's mental wellness?  
Want to talk with Mrs. Dietzler? Here are some options!  
Figure out which step you are at and follow the guideline.**

Step	Ask yourself this question:	If Yes, follow this guideline	Here's what will happen next
1	Is this a NON-emergency? Just have a quick question for Mrs. Dietzler?  Wanting resources?	Email Mrs. Dietzler at <a href="mailto:KDietzler@kimberly.k12.wi.us">KDietzler@kimberly.k12.wi.us</a>  See KASD's Mental Health Resources page <a href="#">HERE</a>	She will respond within 24 hours (probably sooner). Her regular office hours are 8:30am-12:30pm
2	Need to talk more in depth?	Email Mrs. Dietzler at <a href="mailto:KDietzler@kimberly.k12.wi.us">KDietzler@kimberly.k12.wi.us</a> a request for a 1 on 1 video chat (Google Hangout).	Mrs. Dietzler will invite you through gmail during the time you signed up. Unsure how to join Hangout? Click <a href="#">HERE</a> to learn.
3	Is this urgent? Is someone's safety at risk?	Outagamie Crisis: 920-832-4646  Text the HOPELINE. This is a 24/7 text line if you are struggling with a problem and want to "talk" (text) with a counselor. Text the word HOPELINE to 741741	Crisis will assess and refer  A counselor will text you back and stay texting as long as you want/need.
4	Is this an emergency?	Dial 9-1-1	Police/medical will assist you

