

2025 - 2026 Counseling Center Passes

****WE ARE A CELL PHONE/HEADPHONE FREE ZONE****

PLEASE NOTE: Counselors are available and emails are monitored during school hours, 7:45 am - 3:15 pm.

If you need immediate assistance, we encourage you to access the following resources that are available any time of the day or night.

- *CenterPointe Help Line (Lincoln): 402-475-6695*
- *Nebraska Family Helpline: 1-888-866-8660*
- *National Suicide Prevention Lifeline: 988*
- *National Crisis Text Line: text START to 741741 (text charges from your phone carrier may apply)*
- *Lincoln Police Department: 402-441-6000 (non-emergency) or 911 (emergency)*
- *MyLNK is a website (<https://mylnk.app>) and a mobile app (for Apple and Android - search MyLNK) that has information about community resources. It can be downloaded in a wi-fi environment and then used when wi-fi is not available. The website provides translations in Spanish, Vietnamese, and Arabic.*

***If this is an Emergency situation concerning your safety or the safety of someone else please close this form and tell your teacher you need to go to the counseling office.**

Click Here: [SEE MY COUNSELOR](#)

Fill out your name, ID and Grade then select your alpha counselor

(If you need help with Dual Credit Select Ms. Blume)

> Select Topic

> Select urgency level

Level 1 - Not Urgent - 5 days or more from now

Level 2 - Soon but not urgent - 2-3 days from now

Level 3 - ASAP - Not Emergency

*If this is an emergency go to the counseling center and tell the front desk you need to see a counselor.

> Select a time of day

> Submit.

Counselors by student group: Alpha by Last Name

EL - Ellie Blume

A-B Kelsey Dady

C-G - Jenny Hennessey

H-L - Michelle Looky

M-P - Jake Anderson

Q-V - Katelyn Placke

W-Z - Patrick Neilly

Your counselor send an epass for you to come down to the counseling center.

If it's not urgent please be patient as we prioritize levels of need.

*If it has been a week please email your counselor.

NON-Emergency Examples	Emergency - Come to the counseling office.
<ul style="list-style-type: none"><input type="checkbox"/> Schedule Changes<input type="checkbox"/> Transcript Request<input type="checkbox"/> 4 year planning<input type="checkbox"/> Letter of recommendation<input type="checkbox"/> TA / Work Experience Forms<input type="checkbox"/> Bus Passes	<ul style="list-style-type: none"><input type="checkbox"/> Worried about safety of yourself or someone else<input type="checkbox"/> Threat directed at you or a peer<input type="checkbox"/> Abuse / Neglect Reports<input type="checkbox"/> Panic Attack / Major Anxiety