Social Emotional Counseling Services
at Wheatland Union High School

Mrs. O’Neal is a school counselor and trained therapist. She has been a school counselor since 2009. You are free to ask any questions regarding her background, experience and counseling style. Her current AMFT #103465 is registered with the BBS.

Counseling Services:
Counseling may take place over the phone, through text, or Zoom, during distance learning. There is always a “virtual drop in option” for emergencies, questions or clarifications. Though Most students will take part through a 6 week agreement of counseling to work on targeted goals and or concerns. This agreement will be developed by the student and Mrs. O’Neal. It will be evaluated at the end of 6 weeks to continue or to discontinue. Groups may also be offered over Zoom if there’s interest. Also keep your eyes open on Instagram or Facebook for Tips and Strategies. Mrs. O’Neal can be reached by phone at 530-633-7363 call or text. It should also be understood; that in counseling sometimes things may appear to get worse before it gets better. With consistency and practice both are great indicators for success.

Confidentiality:
All communication between student’s and Mrs. O’Neal is confidential unless specified by the student. Student’s are able to seek their own counseling services once they’re 12 or older, however it often works best if the family is involved. They may give permission for Mrs. O’Neal to speak to school staff or others on their behalf, if desired. They may also add to that list or take names off, as they choose.

Exceptions to confidentiality involve risk and safety concerns. If a student states that they intend to hurt themself, others or destroy property Mrs. O’Neal has to alert authorities. If they report that someone is hurting them or there is a reasonable suspicion of child or elder abuse that is another instance Mrs. O’Neal has to inform authorities. Mrs. O’Neal will stay with the student through the process. Mrs. O’Neal will work with the student and the family to get support when needed.

How do I start?
A student may call or text Mrs. O’Neal at 530-633-7363. A parent may also refer a student this way. Another way is through email: coneal@wheatlandhigh.org. Teachers, staff and administrators may also refer a student to counseling services. It has also happened that student’s may refer a friend that seems to be struggling. The most important thing is getting help. You may contact Mrs. O’Neal to celebrate accomplishments or discuss challenges. No issue is too big or too small. To contact Mrs. O’Neal on campus the number is 530-633-3100 ext. 124. Mrs. O’Neal’s office is still in D1 on the WUHS campus.