

# COUNSELING CENTER INFORMATION

Hi Park Panthers, you are welcome to email your grade-level counselor if you need something or need to report a concern for another student or yourself. Counselors will check email between 7:45–3:15 pm, Monday through Friday, and will respond by email.

**RICHELLE DOWDING**  
8th Grade Counselor  
rdowding@lps.org

**BECKY HENNING**  
7th Grade Counselor  
rhenni@lps.org

**STEPHANIE CLIFFORD**  
6th Grade Counselor  
scliffo@lps.org

**TINA LILJEHORN**  
Social Worker  
tliljeh@lps.org

*We're all in this together!*

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

**LPS Updates:** [lps.org/covid19](https://lps.org/covid19)

**CenterPointe Help Line (Lincoln):** 402-475-6695

**Nebraska Family Helpline:** 1-888-866-8660

**National Suicide Prevention Lifeline:** 1-800-273-8255

**National Crisis Text Line:** text START to 741741 (text charges from your phone carrier may apply)

**Lincoln Police Department:** (non-emergency) 402-441-6000 or (emergency) 911



Remember to check your email by going to [www.gmail.com](https://www.gmail.com) or finding the Gmail icon in the LPS portal

*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.*