

YOUTH RESOURCE CARD

Fremont Union High School District

Student Support

24-hour Suicide and Crisis Line (Santa Clara County)1-855-278-4204

Bill Wilson Youth Hotline (24-hour Suicide & Crisis Line) ..408-850-6125

National Suicide Prevention Lifeline (24-hour)....1-800-273-TALK (8255)

Rape Crisis Hot Line (24-hour)650-493-7273

Trevor Lifeline LGBTQ+ Crisis Support.....1-866-488-7386

Crisis Text Line Text “LISTEN” to.....741741

Parent/Guardian Support

Uplift (EMQ) Crisis Team (Santa Clara County) provides free in-home suicide assessment and safety planning 1-408-379-9085 or 1-877-412-7474

At school, contact a school-based therapist, school psychologist or guidance counselor.

Cupertino High School Staff Contact Information

Principal – Kami Tomberlain – Phone: 408-366-7370

Administrative & Guidance Team	Alpha Group	Phone Number
Assistant Principal, Melina Nafrada	A – F	408-366-7319
Guidance Counselor, Gregg Buie		408-366-7328
Assistant Principal, Yukari Salazar	G – Le	408-366-7375
Guidance Counselor, Tamara Emmert		408-366-7312
Assistant Principal, Steven Puccinelli	Li – Re	408-366-7374
Guidance Counselor, Belinda Olson		408-366-7358
Assistant Principal, Jackie Corso	Ri – Z	408-366-7376
Guidance Counselor, Lillie Phares		408-366-7330

School Based Therapists and School Psychologists	Phone Number
School Based Therapist, Cathy Gomez	408-366-7393
School Based Therapist, Christopher Hickey	408-366-7326
School Based Therapist, Denise Salin	408-366-7329
School Psychologist, Melody Yi	408-366-7300
School Psychologist, Ivanna Warren	408-366-7324

FUHSD email is: First Name_Last Name@fuhsd.org

Educational Options Staff Contact Information

Administrative & Guidance Team	Phone Number
Principal, Alison Coy	408-522-2275
Assistant Principal, Laura Gonzales	408-522-2292
Guidance Counselor, Jessica Wu	408-522-2276

School Based Therapist and School Psychologists	Phone Number
School Based Therapist, Alisa Dunlap	408-522-2239
School Psychologist, Molly Coppel	408-522-2256
School Psychologist, Denise Lagarde	408-522-2407

FUHSD email is: First Name_Last Name@fuhsd.org

Fremont High School Staff Contact Information

Principal – Bryan Emmert – Phone: 408-522-2401

Administrative & Guidance Team	Alpha Group	Phone Number
Assistant Principal, Brooke Chan	A – Go	408-522-2411
Assistant Principal, Chris Moore	Gr – O	408-522-2419
Assistant Principal, Andy Walczak	P – Z	408-522-2409
Dean, Connor Smith	A – L	408-522-2416
Dean, George Bechara	M – Z	408-522-2489
Guidance Counselors, Sherry Fazzio & Sandra Woosley	A – D	408-522-3835
Guidance Counselor, Vanessa Goulart	E – LL	408-522-2480
Guidance Counselor, Ana Franco	LM – Ra	408-522-2428
Guidance Counselor, Dan Amezquita	Rb – Z	408-522-2484

School Based Therapists and School Psychologists	Phone Number
School Based Therapist, Sharon Biney-Mensah	408-522-2495
School Based Therapist, Deirdre Louie	408-522-2487
School Based Therapist, Leila Lurie	408-522-2444
School Based Therapist, Jessica Wang	408-522-2476
School Psychologist, Shelly Greene	408-522-2477
School Psychologist, Denise Lagarde	408-522-2407

FUHSD email is: First Name_Last Name@fuhd.org

Homestead High School Staff Contact Information

Principal – Greg Giglio – Phone: 408-522-2501

Administrative & Guidance Team	Alpha Group	Phone Number
Assistant Principal, Terri Hannigan	--	408-522-2509
Assistant Principal, Geoff Wright	--	408-522-2510
Assistant Principal, Brian Dong	--	408-522-2511
Dean, Anthony Nguyen	A – L	408-522-2556
Dean, Maria Trejo	M – Z	408-522-2506
Guidance Counselors, Marisa Amezquita	A – F	408-522-2550
Guidance Counselor, Raquel DeJesus	G – Li	408-522-2517
Guidance Counselor, Wilma Wu	Lj – Sam	408-522-2544
Guidance Counselor, Leslie Ogawa-Boon	San – Z	408-522-2520

School Based Therapists and School Psychologists	Phone Number
School Based Therapist, Shabbie Afshar	408-522-2565
School Based Therapist, Sarah Loyd	408-522-2533
School Based Therapist, Dawn Preadium	408-522-2558
School Psychologist, Emily Bersaglia	408-522-2549
School Psychologist, Ellen Lain	408-522-2564

FUHSD email is: First Name_Last Name@fuhsd.org

Lynbrook High School Staff Contact Information

Principal – Maria Jackson – Phone: 408-366-7702

Administrative & Guidance Team	Alpha Group	Phone Number
Assistant Principal, Jeff Rosado	A – Gh	408-366-7703
Assistant Principal, Eric Wong	Gi – Lim	408-366-7719
Assistant Principal, Susan Rocha	Lin – Sha	408-366-7707
Assistant Principal, David Erwin	Shb – Z	408-366-7706
Guidance Counselors, Nikki Dang	A – H	408-366-7766
Guidance Counselor, Shana Howden	I – Pg	408-366-7767
Guidance Counselor, Malissa Goldstein	Ph – Z	408-366-7790

School Based Therapist and School Psychologists	Phone Number
School Based Therapist, Jenna Starnes	408-366-7743
School Psychologist, Brittany Stevens	408-366-7756
School Psychologist, Jack Neudorf	408-366-7725

FUHSD email is: First Name_Last Name@fuhsd.org

Monta Vista High School Staff Contact Information

Principal – Ben Clausnitzer – Phone: 408-366-7601

Administrative & Guidance Team	Alpha Group	Phone Number
Assistant Principal, Michael Martinez	A – Gou	408-366-7603
Guidance Counselor, Monique Balentine		408-366-7615
Assistant Principal, Nico Flores	Gov – L	408-366-7609
Guidance Counselor, Jessica Coscia		408-366-7616
Assistant Principal, Janice Chen	M – Sha	408-366-7607
Guidance Counselor, Sylvia Lam		408-366-7626
Assistant Principal, Mike White	She – Z	408-366-7608
Guidance Counselor, Clay Stiver		408-366-7614

School Based Therapists and School Psychologists	Phone Number
School Based Therapist, Richard Prinz	408-366-7638
School Based Therapist, Ya Huei Chi	408-366-7640
School Psychologist, Sheila Altmann	408-366-7664
School Psychologist, Glenn Fisher	408-366-7643

FUHSD email is: First Name_Last Name@fuhsd.org

SERVICIOS DE CRISIS

Fremont Union High School District

Condado de Santa Clara.....	855-278-4204
Bill Wilson 24/7 línea para jóvenes	888-247-7717 / 408-850-6125
San Jose	408-279-3312
Norte del Condado	650-494-8420
Sur del Condado	408-683-2482
Programa Nacional para la prevención del suicidio	
http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx	
.....	1-888-628-9454 24hs/7 días
Asalto sexual y violencia domestica - Community Solutions	
.....	1-877-363-7238
Crisis Mobile de Uplift (EMQ).....	408-379-9085

En la escuela, comuníquese con un defensor estudiantil, psicólogo escolar o consejero escolar.

青少年資源卡

菲利蒙聯合高中學區

學生支援

- 24-小時自殺和危機線 (聖克拉拉縣)1-855-278-4204
- Bill Wilson 青少年熱線 (24-小時自殺和危機線) 408-850-6125
- 全國預防自殺生命線 (24-小時)1-800-273-TALK (8255)
- 強暴危機熱線 (24-小時)650-493-7273
- Trevor 生命線 LGBTQQ+ 危機支援1-866-488-7386
- 輸入” LISTEN” 至危機簡訊741741

家長/監護人支援

Uplift (EMQ) 危機團隊 (聖克拉拉縣) 提供免費到府的自殺評估和安全計劃 1-408-379-9085 或 1-877-412-7474

在學校，請聯絡學生倡導員，學校心理學家或學術輔導員。