

# ☺Need to Talk?☺

There are moments in life that can be stressful and hard to navigate. At Navarro ECHS, we want to help and encourage you during hard and difficult times. ☺

Each class has a Counselor that you (or the Athletic Trainer may as well) can reach out to. Counselors are available if there are school or non-school related stressors you would like to discuss. ☺

Below are the listed Counselors. Please feel free to contact them via phone or email, or you may discuss reaching out with your athletic trainer. ☺

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