

## We are Here to Help

*Changing our daily routine in life has been difficult for everyone. Having to stay home and being online all the time is mentally exhausting. Confined to our homes can affect our mental health. Remember that our School Social Workers are still here to help as needed. If you or your students need assistance or resources to help you out, do not hesitate to contact us.*

*We have compiled a list of School Social Workers that are available in your area. Don't hesitate to reach out for the support you need.*

**Melinda Riggs, School Social Worker**  
**Cottonwood Elementary**  
**385-646-0846**  
[mjriggs@graniteschools.org](mailto:mjriggs@graniteschools.org)

**Laura Rogers, LCSW, School Social Worker**  
**William Penn**  
**Howard R. Driggs Elementary**  
**385-646-2349**  
[lkessel@graniteschools.org](mailto:lkessel@graniteschools.org)

**Sara Dillon, School Social Worker**  
**Crestview Elementary**  
**385-646-1194**  
[scdillon@graniteschools.org](mailto:scdillon@graniteschools.org)

**Heather Mendiola, School Social Worker**  
**Churchill Jr High**  
**Rosecrest Elementary**  
**Upland Terrace Elementary**  
**385-646-5809**  
[hmendiola@graniteschools.org](mailto:hmendiola@graniteschools.org)

**Heather Whitehead, LCSW, School Social Worker**  
**Granite Park Jr High**  
**Olympus Jr High**  
**385-646-0569**  
[hwhitehead@graniteschools.org](mailto:hwhitehead@graniteschools.org)

**Glen Youngstrom, LCSW, School Social Worker**  
**Evergreen Jr. High**  
**385-646-1424**  
[gyoungstrom@graniteschools.org](mailto:gyoungstrom@graniteschools.org)

**Denell Mangone, LCSW, School Social Worker**  
**Olympus High**  
**385-646-1022**  
[dmangone@graniteschools.org](mailto:dmangone@graniteschools.org)

**Christine Peasley, School Social Worker**  
**Millcreek Elementary**  
**385-646-2353**  
[cspeasley@graniteschools.org](mailto:cspeasley@graniteschools.org)

## Community Mental Health Resources

UNI/Salt Lake County Crisis Line and Mobile Outreach: 801-587-3000

Utah Community Resource Line: 211

Youth Services: 385-468-4500

Granite Crisis Intervention Team: 385-646-4645

Valley Behavioral Health: 801-284-4990

Family Counseling Center: 801-261-3500

Web: [UtahSuicidePrevention.org](http://UtahSuicidePrevention.org)

