



WELL-BEING

Navigating Mental Wellness

HELP IS ALL AROUND YOU!



School Resources:

STUDENTS: Talk to a teacher, school counselor or mental health professional who can guide you to and/or assist with needed support.

PARENTS: Contact your child's school or the department assistance line at (305) 995-7100.



Community Resources:

District and school staff work with students, parents/guardians and families to provide outside mental health agency support.



For Additional Assistance:

National Suicide Prevention Lifeline

Call/Text: 9-8-8

24-hour crisis support



**M-DCPS
MENTAL HEALTH
SERVICES**

FIND US ON SOCIAL MEDIA:



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mentalhealthservices.dadeschools.net