If you are feeling sad, lonely, anxious...

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.

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

For Additional Assistance:
Parents: Contact your child’s school or the department assistance line at (305) 995-7100.

Students: 24-hour crisis support
Call: 1-800-784-2433
Text: HELLO to 741741

FIND US ON SOCIAL MEDIA:
@MDCPS_MHS
#MDCPSMentalHealth
mentalhealthservices.dadeschools.net