



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

**HELP IS ALL  
AROUND YOU!**

In Miami-Dade County  
Public Schools

# MENTAL WELLNESS MATTERS



## 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



**M-DCPS**  
DEPARTMENT OF  
MENTAL HEALTH SERVICES

**FIND US ON SOCIAL MEDIA:**



@MDCPS\_MHS

#MDCPSMentalHealth

[mentalhealthservices.dadeschools.net](http://mentalhealthservices.dadeschools.net)