If you are feeling sad, lonely, anxious…

HELP IS ALL AROUND YOU!

In Miami-Dade County Public Schools MENTAL WELLNESS MATTERS

School Resources:
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 Assistance:
Contact your child’s school or the department assistance line at (305) 995-7100 or visit:
mentalhealthservices.dadeschools.net

@MDCPS_MHS #MDCPSMentalHealth