



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
mentalhealthservices.dadeschools.net



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



@MDCPS_MHS
#MDCPSMentalHealth