



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



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



@MDCPS\_MHS  
#MDCPSMentalHealth