



## What to Do for Help:

- ▶ Reach out to your child's school  
*(administrator, counselor, or other school based mental health providers)*
- ▶ Call M-DCPS Parent Assistance Line:  
*(305) 995-7100*
- ▶ Identify local community mental health centers
- ▶ Contact your child's pediatrician or family doctor
- ▶ For immediate support or in case of an emergency dial 911



**M-DCPS**  
**MENTAL HEALTH**  
**SERVICES**

## Need Help?



### Local:

**M-DCPS Mental Health Services Parent Assistance Line:**  
*Call (305) 995-7100*

**Switchboard Miami:**  
*Call 2-1-1*

**Thriving Minds of South Florida:**  
*Call (305) 858-3335*

**WestCare/The Village South:**  
*Call 1-(800)-435-7968*

**SEDNET:**  
*Call (305) 598-2436*

### National:

**National Suicide Prevention Lifeline:**  
*Call or Text 9-8-8*

**Crisis Text Line:**  
*Text HOME to 741741*

### Additional resources visit:

*dadeschools.net*  
*mentalhealthservices.dadeschools.net*  
*studentservices.dadeschools.net*

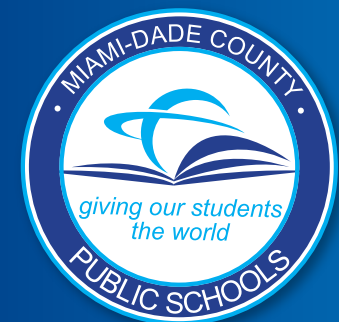
### Find us on social media:

 @MDCPS\_MHS  
@StdtSvcsMDCPS



# Navigating Mental Wellness

Mental Health and Student Services Information and Tips for Parents



## Mental Health Services

Miami-Dade County Public Schools (M-DCPS) through the Office of Mental Health and Student Services prioritizes the social, emotional and mental well-being of all students. Local and national resources are available for students, parents, and community stakeholders.

In collaboration with community agencies, students in need of additional therapeutic intervention are provided services on a referral basis.

### Mental Health Warning Signs:

- ▶ Excessive worrying or fear
- ▶ Frequent sadness
- ▶ Confused thinking
- ▶ Mood swings
- ▶ Sleep disturbance
- ▶ Eating disturbance
- ▶ Withdrawal
- ▶ Substance use
- ▶ Suicidal thoughts
- ▶ Risky behaviors



### School Based Mental Health Professionals:

- ▶ School Counselors
- ▶ TRUST Counselors
- ▶ Mental Health Coordinators
- ▶ School Social Worker
- ▶ School Psychologist

### Supports Include:

- ▶ Individual Counseling
- ▶ Group Counseling
- ▶ Family Counseling
- ▶ Risk Assessment, Intervention and Postvention
- ▶ Parent - School - Community Agency Collaboration and Consultation

## Preventing Youth Suicide: *Tips for Parents*

Suicide is preventable. Youth who are contemplating suicide frequently give warning signs. Do not be afraid to ask your child about possible suicidal thoughts.

### Possible Suicidal Warning Signs:

- ▶ Suicidal threats
- ▶ Suicidal notes, plans or online posting
- ▶ Giving away prized possessions
- ▶ Preoccupation with death or dying
- ▶ Sudden shift of mood
- ▶ Drug or alcohol use
- ▶ Misuse of medication

### Reminders for Parents/Guardians:

- ▶ Take threats seriously. Follow through is important, even after your child is calm or if your child states "they didn't mean it".
- ▶ Maintain communication with school. Schools provide follow up support. Communication is crucial to ensuring that the school is the safest, most comfortable place possible for your child.