

# YOU ARE NOT ALONE.

MENTAL HEALTH MATTERS.  
THERE IS HELP. THERE IS HOPE.

TALK TO YOUR  
SCHOOL COUNSELOR  
TO FIND OUT MORE.



**For 24/7 Support:**

**Crisis Text Line**

**Text HOME to 741741**

**Guidance Care Center's Mobile Response Team**

**305-434-7660 Option 8**

**Suicide Hotline**

**1-800-273-TALK (8255)**

**HelpLine of the Keys**

**211**