

Mental Health Care

for Teachers and Education Staff Professionals

National Resources

988 Suicide & Crisis Lifeline:

- ♦ If you feel you or someone in your household may harm themselves or someone else call the **toll-free number: 988**

Lifeline Chat and Text:

- ♦ It is free and confidential. You'll be connected to a skilled, trained counselor in your area. Visit www.988lifeline.org.

National Domestic Violence Hotline:

- ♦ Call **1-800-799-7233** and TTY **1-800-787-3224**

If you need to find treatment or mental health providers in your area:

- ♦ First Call for Help **(211)**
- ♦ On the Substance Abuse and Mental Health Services Administration (SAMHSA) Website you can **find treatment locations**



Florida Education Association