

Mental Health Resource Guide for Schools

Dear [School Name] Community,

We understand that mental health is a crucial aspect of overall well-being, particularly in an educational environment. This guide is designed to provide resources and support for students, staff, and families.

Emergency Contacts

- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)
- **Crisis Text Line:** Text HOME to 741741
- **Your School Counselor:** [Counselor Name], [Counselor Phone Number]

Mental Health Services

For additional support, please consider the following resources:

- **[Local Mental Health Agency]:** [Phone Number, Website]
- **[University Psychological Services]:** [Phone Number, Website]

Support Groups

Check out these support groups available in our community:

- **[Group Name]:** [Days/Times, Contact Information]
- **[Group Name]:** [Days/Times, Contact Information]

Helpful Websites

- [National Alliance on Mental Illness \(NAMI\)](#)
- [MentalHealth.gov](#)

We encourage everyone to reach out for help and support when needed. Together, we can foster a mentally healthy school environment.

Sincerely,

[Your Name]

[Your Title]

[School Name]