



Mental Health Resources

Crisis Resources

Emergency: 911
 Bayfront Health Seven Rivers Hospital: 352-795-6560
 Citrus Memorial Hospital: 352-341-6111
 Department of Children and Families: 1-800-962-2873
 LifeStream Mobile Response Team: 352-408-6625
 National Suicide Crisis Helpline: 1-800-273-8255
 National Suicide Crisis Text Line: 741741
 National Alliance on Mental Illnesses: 1-844-687-6264
 Poison Control: 1-800-222-1222
 Trevor Project LGBTQ Crisis Hotline: 1-866-488-7386

Mental Health Providers

HPH Hospice Grief Services: 1-855-465-8238
 IMPACT Counseling: 352-419-4856
 Jessie's Place: 352-270-8814
 LifeStream: 352-315-7500
 LifeStream 24-Hour Crisis Line: 352-315-7800
 Phoenix Counseling Services: 352-389-1816
 The Centers: 352-291-5555
 Youth and Family Alternatives: 352-634-2764

Steps to Helping Someone in Need

LISTEN

Show you care
 "I am here with you if you want to talk"

ASK

Be direct and caring in your questions
 "Are you thinking about suicide?"

GET HELP

Go to a safe and responsible adult for help
 "Will you go see the counselor with me, I think they could really help."

OFFER HOPE

Remind them that they matter and that they have unique strengths and abilities.
 "We will figure this out together."

For more information, please contact your student's school counselor, school social worker, or school psychologist.

Additional Resources

The Trevor Project



National Association of Mental Illness



National Suicide Prevention



Hope for Healing Florida

