

TAKING CARE OF YOUR MENTAL HEALTH



MIAMI COMMUNITY CHARTER SCHOOLS K-12 CONNECT FOR MENTAL WELLNESS

SCHOOL RESOURCES:

STUDENTS: TALK TO YOUR SCHOOL COUNSELOR OR MENTAL HEALTH PROFESSIONAL WHO CAN GUIDE YOU TO AND/OR ASSIST WITH NEEDED SUPPORT.

ELEMENTARY SCHOOL: MS. JENIFER OLMO

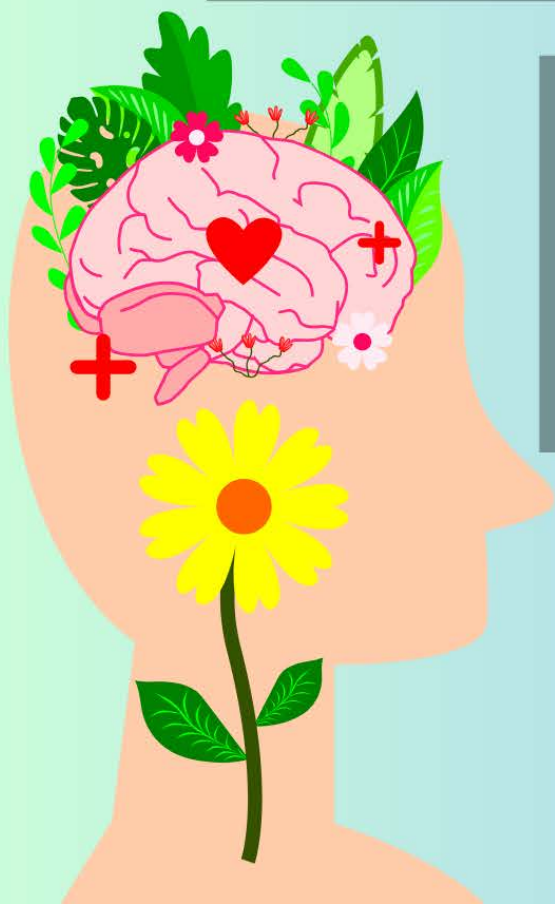
MIDDLE SCHOOL: MS. NOVELETTE LINDSAY

HIGH SCHOOL: MS. ABINEL MARQUEZ

PARENTS: CONTACT YOUR CHILD'S COUNSELOR:

ELEMENTARY SCHOOL: 305-245-2552

MIDDLE/HIGH SCHOOL: 786- 243-9981



COMMUNITY RESOURCES:

DISTRICT AND SCHOOL STAFF WORK WITH STUDENTS, PARENTS/GUARDIANS AND FAMILIES TO PROVIDE OUTSIDE MENTAL HEALTH AGENCY SUPPORT.

FOR ADDITIONAL ASSISTANCE:

NATIONAL SUICIDE PREVENTION LIFELINE

CALL/TEXT: 9-8-8

24-HOUR CRISIS SUPPORT

CUIDANDO DE TU SALUD MENTAL



MIAMI COMMUNITY CHARTER SCHOOLS K-12 CONÉCTATE PARA EL BIENESTAR MENTAL

RECURSOS ESCOLARES:

ESTUDIANTES: HABLA CON TU CONSEJERA ESCOLAR O PROFESIONAL DE SALUD MENTAL QUE PUEDA GUÍARTE Y/O AYUDARTE CON EL APOYO NECESARIO.

ESCUELA PRIMARIA: MS. JENIFER OLMO

ESCUELA INTERMEDIA: MS. NOVELETTE LINDSAY

ESCUELA SECUNDARIA: MS. ABINEL MARQUEZ

PADRES: CONTACTEN ALA CONSEJERA DE SU HIJO/A:

ESCUELA PRIMARIA: 305-245-2552

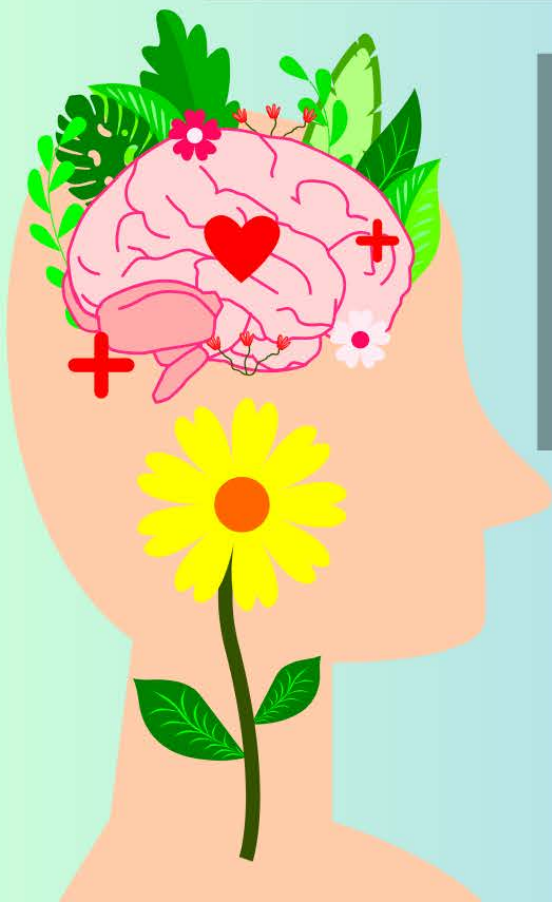
ESCUELA INTERMEDIA/SECUNDARIA: 786-243-9981

RECURSOS COMUNITARIOS:

EL PERSONAL DEL DISTRITO Y DE LA ESCUELA TRABAJA CON ESTUDIANTES, PADRES/TUTORES Y FAMILIAS PARA PROPORCIONAR APOYO DE AGENCIAS EXTERNAS DE SALUD MENTAL.

PARA ASISTENCIA ADICIONAL:

LÍNEA NACIONAL DE PREVENCIÓN DEL SUICIDIO
LLAMA/ENVÍA MENSAJE: 9-8-8
APOYO EN CRISIS 24 HORAS



PRAN SWEN DE OU SANTÉ MANTAL



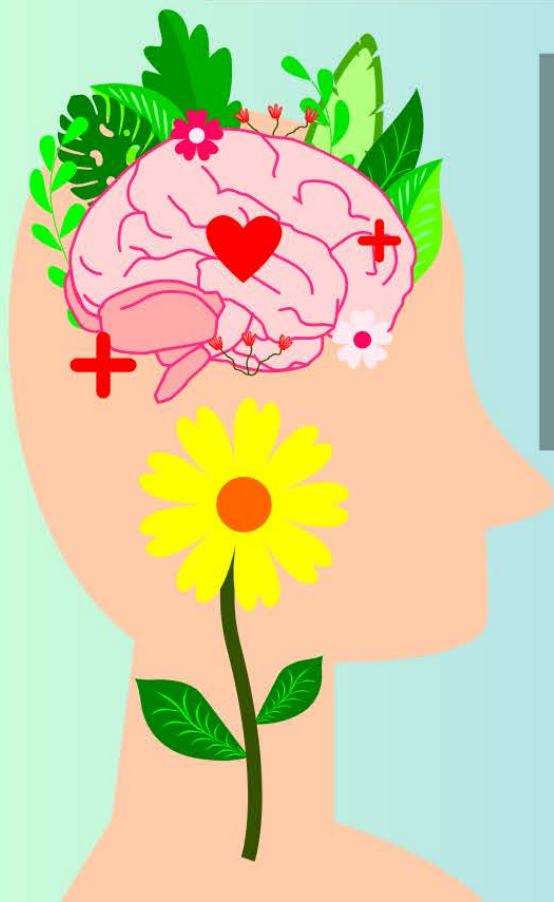
MIAMI COMMUNITY CHARTER SCHOOLS K-12 KONEKTE POU BYENNÈT MANTAL

RESOUS LEKÒL:

ELÈV: PALE AK KONSEYE LEKÒL OU OSWA PWOFEYONÈL SANTE MANTAL
KI KA GIDE W AK/OSWA EDE W AK SIPÒ OU BEZWEN AN.

LEKÒL ELEMENTÈ: MS. JENIFER OLMO
LEKÒL MWAYEN: MS. NOVELETTE LINDSAY
LEKÒL SEGONDÈ: MS. ABINEL MARQUEZ

PARAN: KONTAKTE KONSEYE PITIT OU A:
LEKÒL ELEMENTÈ: 305-245-2552
LEKÒL MWAYEN/SEGONDÈ: 786-243-9981



RESOUS KOMINOTE:

ANPLWAYE DISTRIK AK LEKÒL YO TRAVAY AVÈK ELÈV,
PARAN/GADYEN, AK FANMI YO POU OFRI SIPÒ AJANS
SANTE MANTAL EKSTÈN.

POU ASISTANS ADISYONÈL:

LIY SEKOU PREVANSYON SOUISID NASYONAL
RELE/VOYE MESAJ: 9-8-8
SIPO KRISE 24 ÈDTAN