



Mental Health and Suicide Prevention Resources

Our schools care about you. We are aware that many students are experiencing a high level of trauma, stress, anxiety or sadness related to school, friends and perhaps personal family issues. Mental Health needs are not uncommon in our youth. 1 in 5 children ages 13-18 will experience mental illness. In addition, suicide is the 2nd leading cause of death for ages 10-24. Many children and teens are suffering in silence. It is important to know that **you are not alone** and that there is help in our community for you, your friend or your child.

School Counselors

Alachua County Schools are fortunate to have school counselors in every school who are Masters or above trained counselors knowledgeable about child development and mental health needs. They are there to listen, support and assess student risk of self-harm if necessary. They are also excellent resources to connect you and your family to mental health counseling in our community.

In addition to our school counselors, many schools have other programs providing mental health counseling in our schools including System of Care, PALS, The Nest, and collaborations with local agencies. The school counselor at each school can help coordinate these services for you, your friend or your child.

Additional Resources

Alachua County Crisis Center - 352-264-6789

<http://www.alachuacounty.us/Depts/CSS/CrisisCenter/Pages/CrisisCenter.aspx>

National Suicide Prevention Lifeline - 1-800-273-TALK (8255)

<https://suicidepreventionlifeline.org/>

NAMI - National Alliance on Mental Illness

<https://www.nami.org/Find-Support>

SAMHSA - Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/>

The Jason Foundation

<http://jasonfoundation.com/>

The Trevor Project – LGBT Youth

<http://www.thetrevorproject.org/pages/facts-about-suicide>

Local Counseling and Mental Health Agencies

(Many will provide in school counseling)

Child Advocacy Center – (352) 376-9161

<http://www.childadvocacycentergainesville.org/>

CDS Family and Behavioral Health Services - (352) 244-0628

<http://www.cdsfl.org/>

Children’s Home Society - (866) 427-5451

<https://www.chsfl.org/midflorida>

Meridian Behavioral Health - (352) 374-5600

<http://www.mbhci.org/>

Village Counseling Center - (352) 373-8189

<http://www.villagecounselingcenter.net/>

UF Health Child Psychiatry - (352) 265-4357

<https://ufhealth.org/uf-health-child-psychiatry-springhill-health-center>

Additional Support for Parents:

Video from the Society for the Prevention of Teen Suicide

<http://www.sptsusa.org/not-my-kid/>

Jason Foundation Parent Resource Program

<http://jasonfoundation.com/prp/what-a-parent-can-do/>