

SCHOOL SAFETY & MENTAL WELLNESS RESOURCES

LifeStream's Mobile Response Team (MRT)

LifeStream's Mobile Response Crisis Clinicians are available to respond 24/7/365 to de-escalate mental health and behavioral crises.

1-866-355-9394
352-315-7800

The Centers

The Centers is available 24/7 to respond to mental health and behavioral crises situations for both adults and children.

352-726-7155

National Suicide Prevention Lifeline

The Lifeline provides 24/7, free and confidential support for people in distress, prevention, and crisis resources for you or your loved ones.

1-800-273-8255

See Something, Say Something

To anonymously report any threatening behavior that endangers you, your friends, your family, your campus, or your community.

1-800-423-8477
speakouthotline.org

Florida Department of Children and Families (DCF)

To report 24/7 of known or suspected child abuse, neglect, or abandonment and reports of known or suspected abuse, neglect, or exploitation of a vulnerable adult.

1-866-355-9394
352-315-7800

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA's National Helpline is free, confidential, 24/7/365 treatment referral and information service for individuals and families facing mental and/or substance use disorders.

1-800-662-4357

National Human Trafficking Hotline

To report 24/7 if you or someone you know is a victim of human trafficking.

1-800-373-7888

If you are concerned about your child's mental health please reach out to your child's assigned school counselor.



If you have any questions, about mental health resources, contact our Behavioral Health Program Specialist: Mindy Melito at 352-527-0090 or melitom@citruschools.org

Managing Anxiety and Stress

Coping Strategies

- Take a time-out - practice yoga, listen to music, meditate, walk with nature, or learn relaxation techniques. Stepping back from the problem helps clear your head.
- Eat well-balanced meals - do not skip any meals. Do keep healthful, energy-boosting snacks on hand.
- Drink water - caffeine and other drinks can aggravate anxiety and trigger panic attacks.
- Get enough sleep - when stressed, your body needs additional sleep and rest.
- Exercise daily - to help you feel good and maintain your health.
- Take deep breaths - inhale and exhale slowly.
- Count to TEN slowly - repeat, count to twenty if necessary.
- Do your best - instead of aiming for perfection, which is not possible, be proud of your accomplishments.
- Accept that you cannot control everything - put your stress in perspective.
- Welcome humor - a good laugh goes a long way.
- Maintain a positive attitude - make an effort to replace negative thoughts with positive ones.
- Get involved - volunteer or find another way to be active in your community to create a support network.
- Learn what triggers your anxiety - is it work, family, school, or something else you can identify?
- Talk to someone - tell friends and family your feelings.

(Anxiety & Depression Association of America, 2021)

Fitness Tips: Stay Healthy, Manage Stress

- 5 x 30 - Jog, walk, bike, or dance three to five minutes a week for 30 minutes.
- Set small daily goals - aim for daily consistency rather than perfect workouts. It is better to walk everyday for 15-20 minutes than to wait until the weekend for a three-hour fitness marathon.
- Find forms of exercise - that are fun or enjoyable. Join an exercise class, take a walk with your family or friends.
- Distract yourself - download music, podcasts, or audiobooks to listen to while you are exercising.
- Recruit - find an exercise buddy that will help keep you in the routine.
- Be patient - when you start a new exercise program.

(ADAA, 2021)