

# MAY IS MENTAL HEALTH AWARENESS MONTH

## TOGETHER WHILE APART

Broward County Public Schools (BCPS) is committed to supporting students, families, and staff optimize their personal well-being and overall mental health.

While mental illness impacts 1 in 5 US adults each year, these illnesses are highly treatable, yet recognizing mental health disorders in our youth is especially important since:

- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the 2nd leading cause of death among people aged 10-34 Source: National Alliance on Mental Illness

During May, and year-round, the Department of Student Services is committed to raising awareness of mental health issues to ensure the BCPS community has access to the support they need, especially during this unprecedented global pandemic.

To request assistance, please call the  
**BCPS Mental Health Hotline: 754-321-HELP (4357)**

A mental health professional will respond to your request in a timely manner.

For more information, please visit  
[browardschools.com/mentalhealthservices](http://browardschools.com/mentalhealthservices).

Additional resources are available at:

**First Call for Help: 2-1-1**

**National Crisis Text Line: 741741**

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

**BCPS Employee Assistance Program: 754-322-9900**



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