

# MAY IS MENTAL HEALTH AWARENESS MONTH

## ATTENTION BROWARD COUNTY PUBLIC SCHOOLS STAFF

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. Recent data suggests the incidence of mental illness has increased significantly during the pandemic.

There are practical tools everyone can use to improve their mental health and increase resiliency. During May, you will receive more information about these tools and on ways so that you can support District efforts to help increase mental health awareness.

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

For more information, please visit:

[browardschools.com/mentalhealthservices](https://browardschools.com/mentalhealthservices).

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.

Additional resources are available at:

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

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