Mental health is important 365 days a year!

As we approach the holidays when schools are closed, we want to ensure you have the support and resources you may need.

Remember - YOU ARE NOT ALONE.

We hope you enjoy the break and time spent with your loved ones!

**BROWARD FIRST CALL FOR HELP**
CALL 2-1-1
VISIT 211-BROWARD.ORG

**NATIONAL SUICIDE CRISIS LIFELINE**
TEXT "HOME" TO 741-741
CALL 9-8-8
VISIT 988LIFELINE.ORG

**SUNSERVE LGBTQ+ YOUTH**
CALL 954-764-5150
VISIT SUNSERVE.ORG

**EAGLES HAVEN**
(WELLNESS AND SUPPORT ACTIVITIES)
CALL 954-618-0350
VISIT EAGLESHAVEN.ORG

**HENDERSON CRISIS SERVICES MOBILE RESPONSE TEAM**
CALL 954-463-0911

**THE TREVOR PROJECT FOR LGBTQ+ YOUTH**
TEXT "START" TO 678-678 CALL 1-866-488-7386
VISIT THETREVORPROJECT.ORG