

MENTAL HEALTH RESOURCES



Here are partners focused on reaching at-risk students.

GENERAL INFORMATION AND REFERRAL HOTLINE

United Way 2-1-1 (904) 632-0600

BULLYING/HARASSMENT

Duval County Public Schools: Bullying Hotline (904) 390-2255

COUNSELING

Duval County Public Schools: Full Service Schools (904) 390-2131
 Keto J. Porter, Director, Full Service Schools, United Way of Northeast Florida (904) 390-3247
 Child Guidance (904) 448-4700
 Northwest Behavioral Services (904) 781-7797

LESBIAN, GAY, BI-SEXUAL, TRANSGENDER (LGBT) RESOURCES

JASMYN Jacksonville (904) 389-3857
 Gay Straight Alliance (GSA) and a Safe Space Program (904) 390-2131
 Duval County Public Schools
 Parents, Families & Friends of Lesbians and Gays (PFLAG) (904) 737-3329
 The Trevor Project: 24 hour, toll free confidential suicide hotline (866) 488-7386

THOUGHTS OF SUICIDE OR HURTING SELF

Suicide Prevention Line (24/7) (800) 273-8255
 National Suicide Prevention Lifeline in Spanish language (888) 628-9454
 National Suicide Prevention Lifeline for the Hearing impaired (800) 799-4889



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IN THE COMMUNITY

Things you can do to help children.

○ SIMPLE THINGS TO DO IF YOU SUSPECT THAT YOUR CHILD IS BEING BULLIED

1. Talk to your child; listen to your child.
 - Reassure them- "I'm worried about you."
 - Be direct - "Are there any kids at school who tease you in a mean way?"
 - Be subtle - "Are there any kids at school who you really don't like?"
2. Talk with teachers, school administrators, and other adult's that interact with your child.
 - Be direct - "Have you noticed or have you ever suspected that my child is bullied by other students?"
 - Be subtle - "How does my child get along with other children?"

○ WARNING SIGNS OF BULLYING

- Unexplained cuts, bruises, and scratches
- Limited or no social network of friends
- Afraid of going to school or social event with other children

○ SIGNS & SYMPTOMS OF DEPRESSION IN YOUTH

- Loss of interest or pleasure
 - Irritability or anger
 - Changes in appetite or weight (not due to dieting or exercise)
 - Sleeping too much or too little
 - Decreased energy or enthusiasm
 - Expressed or exhibited feelings of worthlessness, guilt, and low self-esteem
 - Difficulty thinking, concentrating or remembering
 - Difficulty getting necessary things done, such as homework
 - Difficulty making decisions
 - Excessive crying or weepiness
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- Lost interest in school or other activities
 - Appears depressed
 - Frequent physical complaints
 - Trouble sleeping/bad dreams

If you notice these symptoms in your child or a child you know, please start by calling one of the numbers on the reverse side.



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