In crisis? Text CARE4U to 741741.

I'm not okay. I didn't know where else to turn.

You did the right thing by reaching out. I'm here, and I'm listening.

Can you tell me more about what's going on?

Free, 24/7, confidential crisis support by text.

CRISIS TEXT LINE



Local & National Mental Health Resource List

• St. Johns Care Connect Crisis Text Line

Text: Care4U to 741741

St. Johns County Sheriff's Office Non-Emergency Line*

* If calling for a student issue, notify your school administrator before making the call or text Call: 904-824-8304 Text: Same number w/ issue in text message

Department of Children & Families (DCF) Reporting

Call: 800-96-ABUSE (22873) Online Reporting: https://www.myflfamilies.com/service-programs/abuse-hotline/report-online.shtml

*Notify your school counselor and school social worker after reporting abuse or neglect

• Suicide Prevention Lifeline

Call: 1-800-273-TALK (8255) Chat: https://suicidepreventionlifeline.org/chat/

• The Trevor Project Lifeline for LGBTQ

Call: 1-866-488-7386 Text: START to 678678

Chat: https://www.thetrevorproject.org/get-help-now/#services

Community Resources

- ❖ For the most recent list of community resources, please contact your school social worker as the list is updated frequently throughout the year. To find out who your school social worker is, please contact Student Services at 904-547-7797.
- If you believe a student needs to meet with a district mental health counselor, see your school counselor to inquire about a referral for the student.