Broward County Public Schools' Mental Health Services Department is dedicated to offering helpful resources and building strong community connections. The school district and community partners believe it's important to raise awareness and teach everyone about mental illness and mental health. By working together, we can reduce stigma and help improve wellness in our community. Download At-a-Glance Mental Health Resources

Testing Tip Flyers for parents and students →

Download At-a-Glance Mental Health Resources →

MENTAL HEALTH SERVICES SPOTLIGHT

Mental Health



Broward County Public Schools' Mental Health Services Department is committed to supporting the mental health and well-being of every student. Through a comprehensive system of services and programs, BCPS provides school-based mental health supports and wellness initiatives that promote emotional and social well-being. Dedicated mental health professionals work closely with students, families, staff, and community partners to ensure timely access to care, resources, and support. Together, these efforts help create safe, supportive learning environments where students feel connected, supported, and empowered to succeed both in and out of the classroom.

HELP IS HERE!

The Mental Health Services Department provides a comprehensive range of support for all public school students in Broward County. Students and their families have access to a complimentary Family Counseling Program. Additionally, Broward County Public Schools (BCPS) offers various communication channels, including phone calls, text messaging, and applications, allowing students to access assistance 24 hours a day.

SAMHSA on Mental Health →

BCPS Mental Health Strategic Overview →

Vision Quick links

Vision: To increase the success & wellness of all students and families by promoting mental health awareness, fostering resilience, and building positive community connections

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make everyday choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

The mission of the Mental Health Services Department is to provide mental health awareness and access to resources through prevention and intervention that promotes wellness for all students and families. This is achieved through a variety of department programs and initiatives designed to connect the steps to mental health.

MENTAL HEALTH SERVICE OVERVIEW

+ FAMILY COUNSELING PROGRAM

Family therapists provide free counseling for individuals and families facing emotional difficulties, which can impact daily functioning, especially for students in academic settings. They address a range of issues, including trauma, anxiety, depression, relationship problems, stress management, and communication skills.

Family Counseling

+ MENTAL HEALTH ASSISTANCE ALLOCATION

The Purpose of the Mental Health Assistance Allocation is to:

- Provide funding to assist school districts in establishing or expanding school-based mental health care;
- Train educators and other school staff in responding to mental health issues; and
- Connect children, youth and families who may experience behavioral health issues with appropriate services.

Mental Health Assistance Allocation

+ MHAART/CRISIS RESPONSE

The Mental Health Assistance Allocation Regional Team (MHAART) is an innovative, multi-disciplinary team of mental health professionals tasked with mitigating student, teacher and school environment barriers to academic success. Referrals to MHAART are received from school administrators and other District mental health professionals to swiftly and effectively return the high-quality instruction and safety to the classroom, especially as it relates to crisis response.

MHAART Crisis Response

+ RESILIENCY EDUCATION: CIVIC AND CHARACTER EDUCATION

Florida law 1003.42 (2) requires that students in grades 6-12 get at least five hours each year of lessons on citizenship, character, and life skills through resiliency education. Schools must also teach all students in grades K-12 every year about youth substance use, health, preventing child

trafficking, and staying safe online. Students in grades 6-12 must also learn about preventing Teen Dating Violence every year.

Resiliency Education: Civic and Character Education

+ STUDENT SUPPORT INSTRUCTIONAL SPECIALISTS

The Student Support Instructional Specialists (SSIS) work in schools to identify and address students' mental health needs. They connect students with mental health resources and serve as trusted adults on campus, building rapport through their daily presence. SSIS collaborates with mental health professionals to enhance student outcomes such as attendance and wellness. They also promote a positive mental health culture through initiatives like a Wellness Club and a Mental Health Bulletin Board.

Student Support Instructional Specialists

+ SUICIDE PREVENTION

The Suicide Prevention Program provides a nationally recognized curriculum for elementary, middle, and high school students across the district. The aim is to develop emotional and practical skills to help peers in need. Suicide Prevention Coordinators oversee the program by regions (North, Central, South), supervise specialists, train mental health professionals on Suicide Risk Assessments (SRA), assist with SRAs, address questions about involuntary examinations, and collaborate with mental health stakeholders.

Suicide Prevention

+ YOUTH MENTAL HEALTH FIRST AID

The Florida Department of Education has chosen **Youth Mental Health First Aid (YMHFA)** as a training program for school staff. This decision follows **Section 1012.584 of Florida law**.

The YMHFA program teaches school staff how to:

- **Recognize signs** of mental health problems and substance use.
- **Understand** what these signs may mean.
- **Help students** who may be struggling or need support.

Youth Mental Health First Aid

INFORMATION AND SERVICES

+ Key Services

BCPS offers free mental health services including counseling, 24/7 helplines, and wellness apps. Support is available on campus and through digital tools on the Clever Dashboard.

- **On-campus support** from school counselors, social workers, psychologists, and family therapists
- **Family Counseling Program** with free therapy across all regions (Call: **754-321-1590**)
- **24/7 Crisis Helplines:**
  - 988 Suicide & Crisis Lifeline
  - National Suicide Prevention Lifeline: **1-800-273-TALK**
  - Call 2-1-1 Broward or text 89811
- **Mobile Crisis Response:** Call **954-463-0911**
- **Wellness Apps via Clever:**
  - *Inner Explorer* for mindfulness and emotional regulation
  - *T.A.L.K.* app connects students to BCPS mental health professionals

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+ Resources

988 Florida Lifeline-Managed by the Florida Department of Children and Families, the 988 Florida Lifeline is a free behavioral health support service, available 24/7, that connects Floridians experiencing suicidal thoughts, substance use disorder, mental health crises, or any other kind of emotional distress to a highly trained crisis counselor in their immediate area.

Mental Health and Disaster Support-If you're dealing with a disaster or experiencing a mental health crisis, here's how to get help.

Office of Substance Abuse and Mental Health-Responsible for the oversight of a statewide system of care for the prevention, treatment, and recovery of children and adults through a community-based provider network.

Substance Abuse and Mental Highlights-Office of substance abuse and Mental Health highlights.

Broward Connections-BrowardConnections.org is a comprehensive guide to behavioral health and support services in Broward County.

+ Newsletter

Dear Broward County Public Schools (BCPS) Families and Staff,

The Mental Health Services Department is excited to share its ***Wellness Connect*** Winter 2025-26 Newsletter. Please check out the highlights from Quarter 2 and the exciting initiatives and events that are positively impacting the wellness of BCPS students and families!

Mental Health Services Newsletter Qtr. 1 -2025-26

Mental Health Services Newsletter Qtr. 2 -2025-26

Mental Health Services Newsletter Qtr. 3 -2025-26

FOLLOW ON SOCIAL

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To schedule an appointment for Mental Health matters, please contact our office.