

Resources for Safety & Wellness

Need more options? Call 211 or consult with the McCabe Connections Center at 772-217-3663

Disclaimer: The School District of Indian River County does not endorse the resources on this page. This document is meant to provide information only.

Local Resources

Sequel Care

(772) 492-9841

<http://www.sequelcare.com>

Suncoast

(772) 564 8616

<https://suncoastmentalhealth.org/>

New Horizons

(772) 778-7217

<http://nhtcinc.org/>

DATA

(772) 595-3322

Substance Awareness Center

(772) 770 4811

<https://www.sacirc.org>

Treasure Coast Community Health

(772) 257 8224

<https://www.tcchinc.org/>

Mental Health Association

(772) 569-9788

<https://www.mhairc.org/>

Behavioral Health Center

(772) 563-4666

indianrivermedicalcenter.com/service/behavioral/

Human Trafficking Coalition of The Treasure Coast and Okeechobee

<https://www.humantraffickingcoalition.com/>

The Inner Truth Project

(772) 200-4599

<https://innertruthproject.org/>

National Resources

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

www.suicidepreventionlifeline.org

National Self-Harm Hotline

1-800-DONT CUT (1-800-366-8288)

<https://selfinjury.com/>

The Trevor Project

1-866-488-7386

or text "START" to 678678

<https://www.thetrevorproject.org/>

Anxiety and Depression Association

(240-485-1001)

National Eating Disorders Association (NEDA)

(800) 931-2237

or text "NEDA" to 741741

National Human Trafficking Hotline

1-888-373-7888

or text "HELP" to 233733

SAMHSA's National Helpline

1-800-662-HELP (4357)

For Additional options, please see the
websites listed below:

- 1) <https://www.psychologytoday.com/us>
- 2) <https://www.nimh.nih.gov/index.shtml>
- 3) <https://nami.org/find-support/NAMI-Helpline/top-25-helpline-resources>

Crisis Text Line

Text HOME to 741741

<https://www.crisistextline.org/>



Text HOME to 741741 from
anywhere in the United States,
any time, about any type of crisis.



A live, trained Crisis Counselor
receives the text and responds, all
from our secure online platform.



The volunteer Crisis Counselor
will help you move from a hot
moment to a cool moment.

School-Based Resources

**Have general questions or want to learn more about services
that are available for students and families?**

Contact your school counselor or the Office of Mental Health Services

Phone: 772-564-6199

Email: mentalhealth@indianriverschools.org

Website: https://www.indianriverschools.org/departments/mental_health_services