

# Mental Health Message to Students:

Mental Health message/resources to share with students and community-

While the district is closed during the winter break, if you are in need of immediate assistance here are some available resources:

## Mobile Crisis Outreach Team

FREE crisis counseling is available by calling or texting the MHMR ICARE Call Center at 817-335-3022

## Crisis Text Line

Mental health support & crisis intervention 24/7.

Text SCHOOL to 741741

If in immediate crisis, call 911



# Mental Health Message to Students:

If you, or someone you know, is subject to bullying or harassment, here is how to make an anonymous report-

Hc'gYbX'fYdcfhg'Zfc a 'h\Y' KYV#-bhYfbYh' [c'hc.

<https://report.anonymousalerts.com/birdvilleisd>

Hc'gYbX'U'fYdcfh'Zfc a 'mc i f' d\cbY.

Download the Anonymous Alerts® app for free from the Apple Store, Google Play store, or Chrome store

Start the App, enter **5Wh]jUh]cb'7cXY.'V]fXjj''Y]gX'''**

Send important reports to school officials

Add a screenshot, photo or video about the incident

**-b'Ub'Y a Yf [YbWmz' *always call 9-1-1!***