

Taking Care of Your Mental Health

✓ Self-Care Strategies

Encourage kids to practice healthy habits like regular exercise, balanced sleep, and relaxation techniques (deep breathing, mindfulness). Engage in positive creative outlets and goal setting.

✓ Social Connections

Help children build strong friendships and spend time with supportive family members. Positive relationships boost confidence and resilience.

✓ Professional Help

If concerns persist, seek guidance from school counselors or mental health professionals. Early support can make a big difference.



Emergency Help



988

SUICIDE & CRISIS
LIFELINE



Crisis Text Line

Text HOME to 741741



DCF Abuse Hotline

1-800-972-2873



SMA Mobile 24/7 Crisis Unit

1-800-539-4228

District Mental Health Support Services:

- Link families to community resources
- Provide counseling (individual & group)
- Host parent workshops
- Train school staff
- Screen for substance use
- Respond to student and school-wide crises concerns/incidents



Looking for more information?

Contact your child's school or call the District Mental Health Team Office at (386) 734-7190 ext. 20009

VOLUSIA
MENTAL HEALTH TEAM

Your Mind Matters

Mental Wellness in Volusia County schools

Mental health is essential to overall well-being. It shapes how we think, learn, feel, and act—and influences the choices we make throughout life. Strong mental health supports healthy decision-making and helps individuals thrive in school, work, and daily life.





What is Mental Health

Mental health is how we think, feel, and act in daily life. It affects how children learn, handle stress, build relationships, and make decisions. Good mental health helps kids feel confident, connected, and ready to cope with life's challenges. Supporting mental health is just as important as caring for physical health—it's the foundation for success in school and beyond.

Research shows that students who receive social and emotional support experience:

- **Improved academic performance**
- **Stronger emotional resilience**
- **Enhanced ability to cope**
- **Increased sense of belonging and confidence**

Common Mental Health Conditions



Depression

More than sadness, depression can cause loss of interest, fatigue, and changes in sleep or appetite. It affects how kids think, feel, and function. With support, they can learn healthy coping skills.



Anxiety

Anxiety is excessive worry or fear that disrupts daily life. Children may feel nervous, avoid activities, or have headaches or stomachaches. Early help builds confidence and coping skills.



Behavior and Conduct

These involve persistent disruptive or aggressive behaviors beyond typical misbehavior. Kids may argue, break rules, or act out, impacting school and relationships. Support helps develop positive habits.



Substance Use

Misuse of alcohol, drugs, or other substances can harm health, relationships, and school success. Often starting in adolescence, it may signal stress. Open communication and early help are key.



Trauma and Grief

Trauma and grief follow distressing events or loss. Children may feel anxious, withdrawn, or struggle with emotions and learning. Care and understanding help restore safety and stability.



How Can Parents & Guardians Help?



Listen and Validate

- Give your child space to share feelings.
- Respond with empathy: "I hear you, and your feelings matter."
- Listening can be the most powerful support.



Seek Help When Needed

- If worries or sadness persist, reach out for professional guidance.
- Early support can make a big difference in your child's well-being.



Stay Connected

- Spend time together—meals, walks, or simple conversations count.
- Show interest in their world: school, friends, and feelings.



Learn Together

- Educate yourself about mental health and coping strategies.
- Use trusted resources from your school and community.