



Mental Health First Aid Resource List

SAMHSA's National Helpline	1-800-662-HELP (4357)
National Suicide Prevention Lifeline	1-800-273-TALK (8255)
Disaster Distress Helpline	1-800-985-5990
PRC Local Crisis Hotline	863-519-7344
Crisis Text Line	Text RISE to 741741
Trevor Project Lifeline	1-866-488-7386
2-1-1 & PRC Mobile Crisis Unit	211
NAMI Polk County	863-450-2953
Peace River Center Bartow Crisis Campus	863-579-3744

Behavioral Health/Baker Act Facilities for District 14 (Hardee, Highlands & Polk)

Lakeland Regional Behavioral Health 863-687-1222
3030 Harden Blvd, Lakeland, FL 33803
<https://mylrh.org/behavioralhealth/>

Peace River Center Outpatient Therapy 863-519-3744
1255 Golfview Ave, Bartow, FL 33830
<https://www.peacerivercenter.org/services/mental-health/>

BayCare Behavioral Health 863-294-7062
1201 1st S. Street Winter Haven, FL 33880
<https://baycare.org/locations/b/baycare-behavioral-health-winter-haven-hospital-center-for-behavioral-health>



SELF-HELP RESOURCES

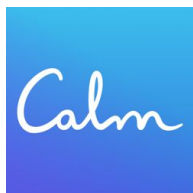
Below are free resources to help students with emotional self-regulation.



iCHILL app

<http://www.ichillapp.com/index.html>

iChill shares with you a set of wellness skills called the Community Resiliency Model (CRM)[®]. Science tells us that when we exercise our resiliency muscle by practicing wellness skills, our wellbeing expands. We have learned that what we pay attention to grows. iChill will teach you the skills of the Community Resiliency Model: Tracking, Resourcing, Grounding, Gesturing, Help Now!, and Shift and Stay.



CALM app

<https://www.calm.com/signup-flow>

Calm's mission is to make the world happier and healthier. Calm is the #1 app for Sleep, Meditation and Relaxation, with over 50 million downloads and over 700,000 5-star reviews.



NBHS Motivational Moments 4 Me YouTube Channel

<https://www.youtube.com/channel/UCz9F37RiVA-aX2RGU1NuKVg>

Motivational Moments 4 Me Channel provides daily inspirational themes, messages, and coping skills to students, parents, school staff, and the community in promoting emotional and mental wellness.