

# 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/](http://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](http://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 the SDIRC Office of Mental Health Services

Phone: 772-564-6199

Email: [mentalhealth@indianriverschools.org](mailto:mentalhealth@indianriverschools.org)

Website: [https://www.indianriverschools.org/departments/mental\\_health\\_services](https://www.indianriverschools.org/departments/mental_health_services)

**Want to speak to someone on campus?**

Visit your school counselor's office or call:

Gifford Middle School	772-564-3559
Oslo Middle School	772-564-4004
Sebastian River Middle School	772-564-5122
Storm Grove Middle School	772-564-6331
Sebastian River High School	772-564-4350
Vero Beach High School	772-564-5495
Freshman Learning Center	772-564-5677