

# RESOURCE GUIDE FOR MENTAL AND BEHAVIORAL HEALTH



**FOREST LAKES ELEMENTARY SCHOOL—A  
COMMUNITY IN PURSUIT OF HIGHEST STUDENT  
ACHIEVEMENT!**

 301 Pine Ave. N Oldsmar, FL 34677

 (813) 891-0785

## WHAT IS MENTAL AND BEHAVIORAL HEALTH?

Behavior and mental health are important parts of a person's well-being. Mental health refers to a person's emotional, psychological and social well-being, while behavioral health refers to the connection between a person's behaviors influencing their overall health. It is essential to promote and maintain positive mental and behavioral health to achieve a balanced and healthy life.



## RESOURCES FOR MENTAL HEALTH



### **Suncoast Center for Community Mental Health**

2960 Roosevelt Blvd.  
727-328-1220

### **PEMHS Family Treatment Center**

400 15th St. N.  
727-552-1053

### **Windmoor Healthcare**

11300 U.S. 19 North  
727-541-2646

## RESOURCES FOR BEHAVIORAL HEALTH

### **Directions for Living - Clearwater Center**

1437 S. Belcher Rd  
727-524-4464

### **Directions for Living (Children's Specialty)**

8823 115th Ave N.  
727-547-4566

### **Mattie William Neighborhood Family Center**

1003 Dr. Martin Luther King Jr. St N  
727-791-8255



## MORE RESOURCES

### **BULLYING RESOURCE**

[HTTPS://WWW.SAYSOMETHING.NET/](https://www.saysomething.net/)

### **FLORIDA DOMESTIC VIOLENCE HOTLINE**

1-800-500-1119

### **CHILD ABUSE REPORTING HOTLINE**

1-800-962-2873

[HTTPS://REPORTABUSE.DCF.STATE.FL.US/CHILD/CHILDFORM.ASPX](https://reportabuse.dcf.state.fl.us/child/childform.aspx)

### **CRISIS TEXT LINE**

TEXT HOME TO [741741](https://text4text.org/) TO CONNECT WITH A VOLUNTEER CRISIS  
COUNSELOR 24/7

IF YOU HAVE ANY WORRIES OR QUESTIONS ABOUT YOUR  
CHILD'S MENTAL AND/OR BEHAVIORAL WELL-BEING, PLEASE  
CONTACT THE SCHOOL PERSONNEL FOR ASSISTANCE.

**PRINCIPAL:** [HUEYH@PCSB.ORG](mailto:HUEYH@PCSB.ORG)

**ASSISTANT PRINCIPAL:** [MCCLISTERN@PCSB.ORG](mailto:MCCLISTERN@PCSB.ORG)

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**SCHOOL PSYCHOLOGIST:** [WILLETTJ@PCSB.ORG](mailto:WILLETTJ@PCSB.ORG)


"A POSITIVE SCHOOL CULTURE AND ENVIRONMENT REFLECTS: A SUPPORTIVE  
AND FULFILLING ENVIRONMENT, LEARNING CONDITIONS THAT MEET THE NEEDS  
OF ALL STUDENTS, PEOPLE WHO ARE SURE OF THEIR ROLES AND  
RELATIONSHIPS IN STUDENT LEARNING AND A CULTURE THAT VALUES TRUST,  
RESPECT AND HIGH EXPECTATIONS. CONSULTING WITH VARIOUS STAKEHOLDER  
GROUPS IS CRITICAL IN FORMULATING A STATEMENT OF VISION, MISSION,  
VALUES, AND GOALS, FOREST LAKES CONTINUOUSLY STRIVES TO FOSTER A  
POSITIVE SCHOOL CULTURE AND ENVIRONMENT, PLACING GREAT VALUE ON  
THE INPUT OF ALL STAKEHOLDERS."

- FOREST LAKES ELEMENTARY SCHOOL

FAMILY ENGAGEMENT OPPORTUNITIES CONTACT  
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 813-891-0785