



School Board of Levy County Mental Health Resources

[SAMHSA – Substance Abuse and Mental Health Services Administration](#)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

[U.S. Department of Health and Human Services – Adolescent Mental Health](#)

Find federal resources on adolescent health, including mental health disorders.

[How to Spot the Signs of Mental Illness](#)

Watch this YouTube video to raise awareness on how to spot the signs and symptoms of mental illness.

[Sanford Harmony](#)

Levy is using this curriculum for students PreK-6th grade. Available at no cost, Sanford Harmony is a social emotional learning program for Pre-K-6 grade students designed to foster intergender communication and understanding, connection, and community both in and outside the classroom and develop boys and girls into compassionate and caring adults.

[EVERFI](#)

Levy is using this curriculum for students in 7-12 grade. Offers free digital SEL resources designed to equip students with skills like empathy, leadership, conflict resolution, self-awareness, and resilience.

[Kognito](#)

Online simulation for teachers to learn to recognize signs of distress and connect with those in need to support services.

[Parent's Guide to Teen Depression](#)

Learn how to differentiate between normal teenage growing pains and depression.

[Hidden Signs of Teen Depression](#)

Learn how to spot teen depression and when to see your doctor.

Weekly Social/Emotional Video Lesson

Lessons were created by our behavior specialists and shared with each school to show our students.

[Meridian Behavioral Healthcare](#)

Based in North Florida, their mission is to promote the health, recovery, and well-being of those affected by mental illnesses and substance use disorders through prevention, coordinated treatment, and supportive services.