

Mental Health Message to Students:

Mental Health message/resources to share with students and community-

While the district is closed during the winter break, if you are in need of immediate assistance here are some available resources:

- **Mobile Crisis Outreach Team**
 - FREE crisis counseling is available by calling or texting the MHMR ICARE Call Center at 817-335-3022
- **Crisis Text Line**
 - Mental health support & crisis intervention 24/7.
 - Text SCHOOL to 741741
- **If in immediate crisis, call 911**



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If you, or someone you know, is subject to bullying or harassment, here is how to make an anonymous report-

To send reports from the Web/Internet go to:

<https://report.anonymousalerts.com/birdvilleisd>

To send a report from your phone:

- Download the Anonymous Alerts® app for free from the Apple Store, Google Play store, or Chrome store
- Start the App, enter **Activation Code: birdvilleisd**
- Send important reports to school officials
- Add a screenshot, photo or video about the incident

In an emergency, *always call 9-1-1!*