



Mental Wellness Resources

Our mental wellness levels can fluctuate at any time, not just during school hours. In order to provide ongoing support to our district families, we have listed some of the resources available to you both during and outside of school hours.

**denotes 24-hour access*

Contact Information	Resource
1.800.273.TALK(8255)	National Suicide Prevention Hotline*
741741	Crisis Text Line – text MHFA to 741741*
1.800.950.NAMI	National Alliance on Mental Health Helpline*
1.800.786.2929	National Runaway Safeline*
334.263.0218	Family Sunshine Center Crisis Line*
1.888.628.9454	Nacional de Prevención Del Suicidio*
334.567.5546	Elmore County Sheriff’s Department – non-emergency line*
334.514.3200	Elmore County DHR
https://www.redcross.org/local/al-ms.html	American Red Cross of Alabama*
334.206.2100	Family Sunshine Center Counseling Services
334.270.4100	Family Guidance Center Family Support
helpguide.org	Help Guide: Self-help & Wellness Education





Mental Wellness Resources

SCHOOL-BASED RESOURCES

- **Mental Health School- Based Coordinator-**
 - *Rashawn Blassingame 334-567-1224/ Cell- 334-430-2316*

- **Mental Health Service Coordinator-**
 - *Mr. Arrington Ross 334-567-1298*

- **Two Mental Health Therapists**
 - *Jasmine Austin and Norman Young*
The school counselors have their contact information

- **Two Social Workers- TBA**

- **Two Mental Health Counselors**
 - *Mr. Freddie Williams and Mrs. Brianna Eller 334-567-1298*
Located at the ICARE Campus

- **One Substance Abuse Counselor**
 - *Mrs. Freeman 334-567-1298*
Located on the Wetumpka ECAP campus

- **Twenty-Eight School Counselors/Gatekeepers**

- **Elmore County Family Resource Center- 334-244-1868**

- **CARASTAR Crisis Center - 1-800-408-4197**

