

Seeking  
further  
assistance?  
We're here  
for you.

Phone  
904.819.3070

Email  
BRAVE@FlaglerHealth.org

## Crisis Line

The crisis text lines provides 24/7 access to trained crisis counselors that can give you tools to help manage everyday concerns to mental health crises - there is nothing too big or small to discuss. Text **CARE4U** to **741741**.

If you or someone you know needs support now, **call or text 988** or **chat at 988lifeline.org**.



It's time  
to break  
the stigma  
around  
mental  
health.

B|R|A|V|E

Be Resilient and Voice Emotions

# BRAVE

BRAVE breaks down the stigma associated with seeking assistance for mental health, eliminates barriers to receiving support, and ensures that people have access to the services they need to thrive.

We understand that this can be a stressful and confusing time, but we are here to support your family. Our goal is to provide you with helpful information for a seamless resource navigation process.

## 98%

of parents and guardians who saw an improvement in their youth's mental health after working with BRAVE.

## 89%

of parents and guardians found being referred to BRAVE for navigation services helpful.



For more information, visit [CareConnectPlus.com/BRAVE](https://CareConnectPlus.com/BRAVE) or scan the QR code.

## What to Expect

1. Your child's school sends a referral to BRAVE.

2. A BRAVE Navigator will call you within 48 hours. They will ask for more details, including health insurance information, if applicable.

The Navigator will make several attempts to reach you but will work with the school if they are unable to connect.

3. The BRAVE Navigator will connect you with a provider that fits your unique behavioral health needs.

4. The BRAVE Navigator will continue to work with your family until you've been successfully connected to counseling services.

## 40%

of parents currently worry about their child's mental health.

## 1 in 5

U.S. children aged 2–8 years (17.4%) had a diagnosed mental, behavioral, or developmental disorder.

## 50%

of youth struggle with their mental health.

## 50%

of Florida youth in need of mental health services do not receive treatment.

