I need help with school-based services.

Contact and speak with teacher, principal, nurse, school counselor or   
social worker, psychologist, or other school staff regarding concerns.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_School District

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| |  |  | | --- | --- | | Building | Phone Number | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | | |  |  | | --- | --- | | Building | Phone Number | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  |   Community Counselor or Service  Physician  Ask for a meeting with school staff to talk about concerns |
|  |  |
| is a mental health checkup available to students in grades 8-12 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. county schools. The program is used to identify risk factors associated with depression, anxiety, and alcohol and substance abuse. It is free and confidential. For more information call\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |  |



Children do best when families, providers, and schools work together as a team. Parents may want to consider signing release of information forms to make sure that all current providers are aware of the concerns and referral.

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| **Accessing Mental Health Services in the \_\_\_\_\_\_\_ Community** |

**Use this booklet if you have a concern about: your child’s mental health or the social, emotional, or behavioral development of your child**

I need help for my child right now.

Has our child harmed or threatened to harm themselves or others? Is this a life-threatening emergency? Are you immediately concerned for you or your child’s safety?

**I answered NO to all the questions above and my child does not appear to be experiencing a mental health crisis.   
Go to next page.**

**I answered YES to at least one of the questions above and/or my child appears to be experiencing a mental health crisis.**

|  |
| --- |
| **Contact 24/7 Crisis Intervention** |

Call 911 Or Contact Police

**Medical Emergency:**  
Call 911 Or go to Emergency Room

If child already has a counselor, follow established crisis plan and/or contact counselor

|  |
| --- |
| **When in Doubt . . .**  **Contact 24/7 Crisis!!!!** |

I am concerned about my child’s mental health, but it is not an emergency.

If the child has a physician, contact the physician. The physician may be able to assist the referral.

If the child already has a counselor, contact the counselor.

**Community Mental Health Providers:**

Children do best when families, providers, and schools work together as a team. Parents may want to consider signing release of information forms to make sure that all current providers are aware of concerns and referral. School-based services may also be an option.  
**Go to next page.**

**To learn about Medical Assistance contact: Department of Social Services:**

**COMMUNITY PROVIDERS THAT MAY OFFER SERVICES BASED ON ABILITY TO PAY:**

Check to see if your employer has an EAP (Employee Assistance Program). If so, contact the EAP.

NO

Call the number on the back of your insurance card to check mental health benefits and providers

YES

Do you have insurance or medical assistance?