

**When it's just too much to handle, call us, we can help.**



You don't understand!

Help!

**DIAL 2-1-1**

**To contact EMPS - Crisis Intervention Services**

**Is your child in crisis?  
Do you need immediate help with:**

- A child who is angry and out of control?
- A child who is destroying property, breaking the law, or doing things that are life threatening?
- A child who is threatening to hurt him/herself or others?
- Any behavioral crisis involving a youth?

**Dial 2-1-1 to get help NOW!**

**When your child is in crisis, 2-1-1 is your lifeline.**

It's not easy to get through to a child who is out of control. The good news is, help is only a phone call away. By dialing 2-1-1, you are reaching out to trained counselors who can immediately help to resolve the crisis.

**How do I know if I should dial 2-1-1?**

You should call if you feel that your child, under the age of 18, is in a crisis situation that is too difficult for you to handle. Examples of these situations are:

- A child who is putting him/herself or others in danger.
- A teen who is acting violently.
- An angry child who is behaving dangerously.

**What is 2-1-1?**

2-1-1 is a toll-free, confidential service connecting people to the health and human services they need.

**What happens when I call 2-1-1?**

When you call 2-1-1 for help with a youth in crisis, you will be connected with EMPS - Crisis Intervention Services.

**“Hello, you've dialed 2-1-1, how can we help?”**

EMPS is an intervention service for children and youth in crisis. EMPS Counselors are available immediately, 24 hours a day, 365 days a year, in person or by phone.

**What does the EMPS do?**

The EMPS helps resolve behavioral or emotional crises, at home, in school, wherever help is needed.

EMPS Counselors respond immediately to the crisis, and work with the child and family to develop a crisis plan to bring the situation under control as soon as possible.

**What happens next?**

Support is provided to the child and family for up to 6 weeks. Follow-up care involves the child, family members, and community based supports.

**I have more questions, who should I ask?**

You can dial 2-1-1 with any questions you may have about 2-1-1 or EMPS services.



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EMPS is a program funded by the State of Connecticut in partnership with United Way of Connecticut 2-1-1. [www.empsct.org](http://www.empsct.org)