



*One call can make a difference.*

**In the case of a significant mental health emergency, please seek assistance via one of the following options:**

*List of Community Mental Health Resources for Emergency Care:*

- *Contact Emergency Service's Programs (ESP) at 877-382-1609 for your Mobile Crisis Intervention Team (see attached);*
- *Go to the local hospital emergency room for assessment; or*
- *Call 911 if it is an imminent emergency.*

\*\*\*\*\*

**Non-emergency mental health supports:**

**You can request the mental health support for your child via:**

- *Call your primary care physician or pediatrician to discuss options for mental health care;*
- *Contact the Behavioral Health and Substance Abuse number found on the back of your health insurance card to locate mental health providers in your network; and/or*
- *If your child has a therapist call that clinician and discuss your concerns.*