Accessing Children’s Mental Health Services

1. I’m worried about my child. I notice...
   - Sleeping Issues
   - Irritability
   - Anxiety
   - Sadness
   - Outbursts
   - Always Alert
   - Isolation
   - Anger
   - Mood Swings
   - Poor Grades
   - Difficulty Concentrating

2. Who can help us?
   - Contact a trusted provider such as:
     - Doctor or Primary Care Provider
     - School Counselor or Teacher
     - Community Services or Peer Specialist
   - Ask for a mental health assessment. Be descriptive about your concerns.

3. Therapy for emotional support.
   - There are many different types of therapy and every therapist is different. Look for a provider who meets your preference of gender, race, or culture. Find someone who you and your child feel comfortable with. When you call, ask:
     1. Are you accepting new patients?
     2. Do you accept my insurance?
        - Do you accept self-pay or sliding scale payment?
     3. When is the next available appointment?
     4. What are the next steps I can take right now?

4. What does therapy look like?
   - You and your child will learn new skills and talk about experiences, mood, or behavior. Parents are involved by:
     - Meeting with the therapist regularly
     - Enhancing skills to support your child
     - Speaking up for your child and family
     - Taking care of yourself and finding the support you need

It’s okay to call another clinic and ask these same questions. You may get in sooner with another provider.
Getting the Help You Need

Understanding our emotions and learning how to calm down are key life skills. Practice using the Feelings Thermometer as a family to identify emotions and keep behaviors under control.

Build your community. Identify the people in your life who love and support your family through this mental health journey.

Resources:
Use Well Badger's online Children's Mental Health Resource Navigator to get a personalized list of resources for your family.

WellBadger.org

- Wisconsin 2-1-1
- NAMI Wisconsin
- Mental Health America of Wisconsin
- Family Voices of Wisconsin
- Disability Rights WI
- Parent 2 Parent
- Regional Centers for Children and Youth with Special Health Care Needs
- Wisconsin Family Ties