

Accessing Children's Mental Health Services



1 I'm worried about my child. I notice...



Sleeping Issues
Outbursts
Mood Swings
Irritability
Anxiety
Always Alert
Anger
Sadness
Isolation
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.

Health insurance helps pay for needed services and can also help you find a therapist or provider but you do not need insurance to get services.

Therapy for emotional support.

3

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 feels 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?



It's okay to call another clinic and ask these same questions. You may get in sooner with another provider.

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




Healing is a journey

Getting the Help You Need

FEELINGS THERMOMETER

How do you feel?	What can you do about it?
 <p>ANGRY, FURIOUS, EXPLOSIVE ▶ Yelling, Stomping, Meltdown</p>	<ul style="list-style-type: none"> • Vigorous physical exercise • Breathe deep breaths • Take a warm shower or bath
 <p>FRUSTRATED, ANNOYED, IRRITABLE ▶ Arguing, Refusing, Shutting down</p>	<ul style="list-style-type: none"> • Meditate/pray • Listen to favorite music • Take a fast-paced walk
 <p>ANXIOUS, WORRIED, UNSETTLED ▶ Pacing, Avoiding, Clingy</p>	<ul style="list-style-type: none"> • Talk to a family member/friend • Pay attention to each of your 5 senses • Focus on what you <i>can</i> control
 <p>SAD, NEGATIVE, LONELY ▶ Crying, Withdrawn, Slowed/Disengaged</p>	<ul style="list-style-type: none"> • Set a positive goal for the day • Call a friend or relative • Journal about your feelings
 <p>HAPPY, CALM, CONTENT ▶ Smiling, Laughing, Engaged</p>	<ul style="list-style-type: none"> • Help someone else • Notice and enjoy your positive mood • Engage in an enjoyable activity


Wisconsin Office of Children's Mental Health | children.wi.gov

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