



You could be a child's best advocate.

If you or your child is experiencing a crisis, call Care Crisis Response Services Triage Line at: 1-800-584-3578

The 24 Hour, 7 days a week free Crisis Line offers immediate help to individuals, family and friends of people in crisis in Snohomish, Skagit, Whatcom, San Juan, and Island counties. Our professional counselors will help you sort through problems, explore options, and connect with resources. We provide interpreter services in over 150 languages, ensuring all callers are able to communicate with staff. The goal of our staff is to provide individuals dealing with crises or traumatic events with emotional support while offering hope and care in a time of hopelessness.

Information sources:

National Alliance on Mental Illness, National Institute of Mental Health, Substance Abuse and Mental Health Services Administration, Mayo Clinic

Resources

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Crisis Prevention Intervention	1-800-584-3578
Care Crisis Response Service Triage Line 24/7	1-800-584-3578 or 425-258-4357
Crisis Chat	www.imhurting.org
Suicide Prevention Lifeline	1-800-273-TALK (8255)
Child Protective Services 24/7	1-866-363-4276
Recovery Helpline 24/7	1-866-789-1511
Cocoon House	425-259-5802
Providence Sexual Assault	425-297-5774
Teen Link 6-10 pm	1-866-833-6546
National Runaway Safeline	1-800-786-2929
Adult Mental Wellness	360-716-4400

FREE EARLY LEARNING:

Early Head Start (Under age 3):	
North Snohomish County EHS	425-388-6471
Snohomish County Early Head Start	425-712-9000

Early Intervention Program	425-388-7402
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Preschool (Ages 3-5):	
Early Childhood Education and Assistance Program (ECEAP)	425-388-7010
Snohomish County Head Start	425-712-9000

TULALIP TRIBES—Behavioral Health Mental Wellness:

Child, Youth and Family Mental Wellness **360-716-4224**

If you have any questions or need additional resources, please contact Liza Patchen-Short, Children's Mental Health Liaison with Snohomish County Human Services, Liza.Patchen-Short@snoco.org



Snohomish County, WA

Human Services

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How to Access Children's Mental Health Services in Snohomish County



Did You Know?

- Mental illness can affect anybody regardless of race, ethnicity, gender, age, or socio-economic background.
- Mental illness is not caused by poor decisions.
- Mental illness affects a person's physical, mental, and emotional wellbeing.
- 50% of mental illness begins by age 14.
- Suicide is the second leading cause of death for ages 10 to 24.

Mental Health Issues are Common in Children and Teens

According to the US Surgeon General:

- One in five children and adolescents will experience the signs and symptoms of a mental health condition each year.
- One in ten kids will have symptoms that are significant enough to seriously affect their functioning in school, at home, and in the community.

In any given year, only 20% of children with mental illness are identified and receive mental health services. Some reasons can include:

- The stigma often associated with mental illness.
- Lack of knowledge regarding mental health issues.
- Difficulty accessing or paying for services.

Kids who do not receive the care they need are:

- More likely to struggle in school.
- Less likely to graduate from high school.
- Likely to have difficult family and social relationships and are at a higher risk for family and social conflicts.
- At higher risk for delinquency.

Possible Symptoms to Watch For

The good news is that these illnesses are very treatable especially when identified in a timely manner. Early intervention can be critical and can help provide children the supports needed to succeed in school, at home and in their community. It is important to understand the warning signs. If any of these symptoms are present, contact a mental health professional so they can provide an evaluation and help identify the causes.

Possible symptoms could include:

- Mood changes
- Disruptive behavior
- Self harm
- Avoiding social situations
- Frequent outbursts
- Frequent lying
- Frequent sadness, withdrawal, low energy level
- Irritability or anxiety
- Loss of interest in your child's favorite activities
- Low self-esteem
- Cruelty to animals
- Change in eating and sleeping patterns
- Difficulty concentrating

What Are My First Steps to Getting Help?

If you are in need of mental health services for a child but are not in crisis, the services available depend on the type of healthcare coverage you have.

If you have **private insurance** you can look on the back of your insurance card to locate the direct number to call to find the right provider in your network.

If you have **Apple Health (Medicaid)** through the Washington Health Plan Finder (Molina, Amerigroup, Community Health Plan of WA, Coordinated Care, or United Health Care) you can call your health insurance directly and ask the care coordinator to assist you in setting up a psychological evaluation and therapy appointments. Also you can contact your local

You may be eligible for **Apple Health**, visit www.wahealthplanfinder.org or call **1-855-923-4633** for additional information.

Community Behavioral Health Providers, Sea Mar, Compass Health or Catholic Community Service for an appointment .

If you purchased health insurance through the **Washington Benefit Exchange** and experience any difficulty accessing your mental health benefit, contact your insurance company directly.