



**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**

- ACCESS** 1-888-693-7200
- Crisis Prevention Intervention Team** 1-800-584-3578
- Care Crisis Response Service Triage Line 24/7** 1-800-584-3578 or 425-258-4357
- Crisis Chat** www.carecrisischat.org
- Suicide Prevention Lifeline** 1-800-273-TALK (8255)
- Child Protective Services 24/7** 1-800-562-5624
- Recovery Helpline 24/7** 1-866-789-1511
- Cocoon House** 425-259-5802
- Providence Sexual Assault** 425-252-4800
- Teen Link 6-10pm** 1-866-833-6546
- National Runaway Safeline** 1-800-786-2929
- Early Intervention Program** 425-388-7402

**FREE EARLY LEARNING PROGRAMS:**

- Early Head Start (Under age 3)**
- North Snohomish County 425-388-6339
- Snohomish County Early Head Start 425-712-9000

***Free 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:**

- Adult Mental Wellness 360-716-4400
- Child, Youth and Family Mental Wellness 360-716-3284

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, W A

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 15 to 24.

## Mental Health Issues are Common in Children and Teens

### **According to the US Surgeon General:**

- One in five children will suffer from a diagnosable 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.

You may be eligible for **Apple Health**, visit [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org) or call **1-855-923-4633** for additional information.

If you have Apple Health (Medicaid), you may also contact the Mental Health **Access Line** at: 1-888-693-7200

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