

Getting mental health treatment could help you.

Many kids and teenagers need mental healthcare treatment.

- Do you feel sad or depressed or worried a lot of the time?
- Do you get in trouble at school or at home for your behavior?
- Do you often get really angry and end up fighting or yelling?
- Do you try to hurt yourself or think about killing yourself?
- Do you think a counselor or other mental health doctor might be able to help you with other issues?



If so, mental healthcare might help. Getting mental health treatment doesn't mean you're bad or crazy. It is a way to help you feel better.

What is mental healthcare?

The kind of treatment you can get is based on what you need. You could get services like:

- talking one-to-one with a counselor
- meeting in a group with other youth who are going through similar things as you
- talking with a counselor together with your family
- getting medications that might help you

If you are **13 or older**, you get to make the decisions about what kind of mental health treatment you need or want with your doctor or counselor.

What do you think you need? You have a right to help make your own treatment plan.

You can get free public mental healthcare if you have Medicaid or other state medical assistance like Apple Health for Kids. Do you have a "medical coupon" or a ProviderOne card? If so, you should be able to get all the free mental health treatment that you need.

If you are having a mental health emergency, call 911.

You can also call the Washington Recovery Help Line at 1-866-789-1511.

What can you do if you want help?

The first step is to get a mental health intake. You can get an intake at a community mental health agency. To find a program near you, look online at <http://www.dshs.wa.gov/dbhr/rsn.shtml#dbhr> or you can call 1-866-789-1511.

You have a lot of RIGHTS in the public mental healthcare system. You can call TeamChild if you have questions or need help getting the healthcare that you need. You can call collect.



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| (206) 322-2444 (877) 295-2714 | (253) 274-9929 | (425) 258-3132 (877) 881-3284 | (509) 323-1166 | (509) 573-4993 (866) 573-4993 |