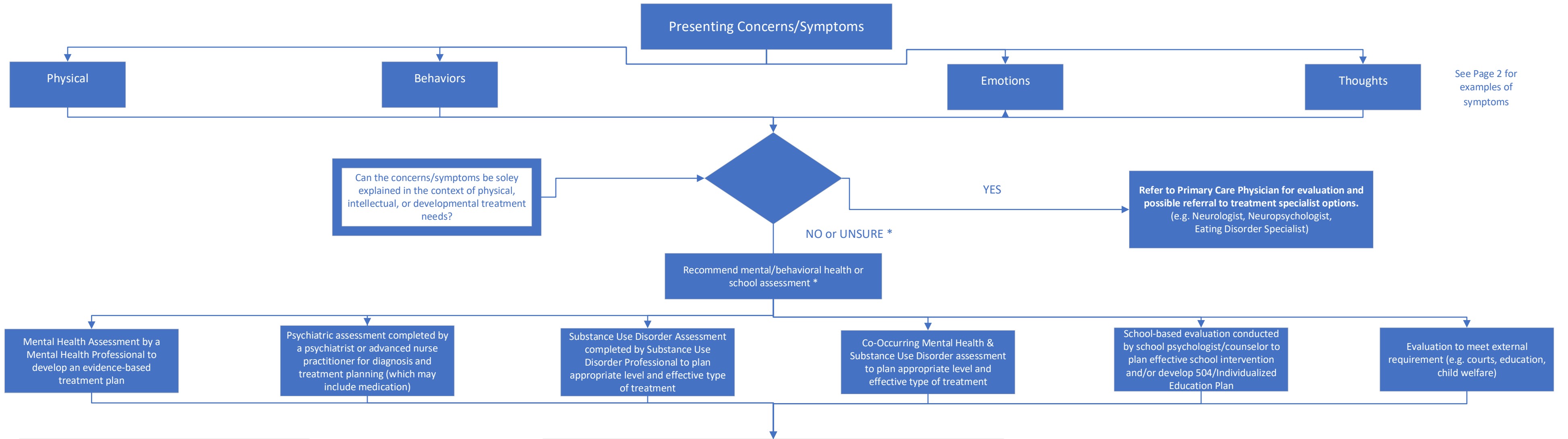


Guide To Mental/Behavioral Health Assessments



See Page 2 for examples of symptoms

***Crisis Resources**

Children’s Crisis Stabilization 360-480-5721

Under 21 TeenLink 866-833-6546 phone line open 6 p.m.– 10 p.m.

Text 741741 - <https://www.crisistextline.org/>

The Trevor Lifeline for LGBTQIA+ Youth 888-488-7386

Trans Lifeline 877-565-8860

Next steps to access an appropriate assessment may include use of systemofcarehub.com, contacting your insurance plan for a list of network providers, contacting child’s school to inquire about available school-based services, using psychologytoday.com/us, networktherapy.com, etc. to help navigate to available assessments.

* If concerns/symptoms co-exist with physical, intellectual, and developmental treatment needs, it may be necessary to seek concurrent assessments – e.g. if physical symptoms exist, would want to seek medical attention even if there are underlying depressive symptoms.
 * If symptoms are acute, potential resources include: calling 911, going to the emergency room, and contacting crisis services*.

