Resources for Mental Health

How to find the help you need.

Don’t wait. Get the help you need now.
Your mental health is important.

Avoid emergencies.
Get the help you need today.

For Caregivers and Family

How can you help?

Being a caregiver or loved one in a time of crisis is stressful.

Contacting the resources listed in this brochure will not only help the person you care for, but will also help you.

We at AAEM/RSA encourage you to seek support and education.
The Emergency Department (ED):

What can I expect?

1. The ED team will make sure you are not physically sick or injured.
2. The ED team may take blood and/or urine samples.
3. After learning more about your situation, the ED team will help decide if a psychiatrist needs to be consulted about your care.
4. The ED team will work with you to determine the best inpatient or outpatient treatment plan.

A note on detox:

Space is limited. Although your ED team may be able to provide a list of treatment centers in the area, you or a loved one may have to contact the centers about availability and acceptance. Take the opportunity to express your motivation.

The emergency department is always available to help you in times of crisis. However, there may be long waits and the cost can be high.

Where else can I turn?

Your Primary Care Physician is an excellent resource for guidance and referral.

NAMI Helpline
National Alliance for the Mentally Ill
1-800-950-NAMI

SAFE (Self-Abuse Finally Ends)
1-800-DONT-CUT
1-800-366-8288

National Mental Health Association
Provides free information on specific disorders, a referral directory to mental health providers and a national directory of local mental health associations.
1-800-969-6642

National Youth Crisis Hotline
1-800-448-4663

Alcohol and Drug Helpline
Referrals to local treatment centers for adolescents and adults.
1-800-821-4357

Covenant House Nineline
Crisis line for youth, teens and families. Help for youth and parents regarding drugs, abuse, homelessness, runaway children and message relays.
1-800-999-9999