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.

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**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.

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**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.**

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**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