



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.

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**Don't wait.
Get the help you need now.**

Your mental health
is important.

Avoid emergencies.

Get the help you
need today.



Innovate. Educate. Advocate.

**American Academy of Emergency Medicine
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Medicine Resident and Student Association (AAEM/RSA)

Resources for Mental Health

How to find the
help you need.



Innovate. Educate. Advocate.

American Academy of Emergency Medicine Resident Student Association aspires to a future in which all patients have unencumbered access to excellent emergency care provided by a board certified or board eligible emergency physician. Developing emergency physicians will receive the highest quality training in a supportive practice environment with an emphasis on personal wellness and career mentorship.

Join AAEM/RSA at www.aaemrsa.org/joinrsa

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.

MENTAL HEALTH CENTER →

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](tel:1-800-950-NAMI)

SAFE (Self-Abuse Finally Ends)

[1-800-DONT-CUT](tel:1-800-DONT-CUT)
[1-800-366-8288](tel: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](tel:1-800-969-6642)

National Youth Crisis Hotline

[1-800-448-4663](tel:1-800-448-4663)

Alcohol and Drug Helpline

Referrals to local treatment centers for adolescents and adults.
[1-800-821-4357](tel: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](tel:1-800-999-9999)