

## NEED HELP ACCESSING MENTAL HEALTH SERVICES?

The state of NJ now has a new system to assist parents in accessing mental health services for children ages 5-17 years. If your child is in crisis (suicidal, homicidal, refusing to go to school) there is a mobile response team that will assess your child immediately. But the system helps with less critical situations also. If your child is exhibiting depression, anxiety, disordered eating, obsessive compulsive behaviors, etc you can call the number below and they will do a full evaluation (at NO cost) and set up appropriate referrals for therapy. If you have private insurance they will work with you to try to find professionals in your plan, but there is no financial obligation to the parent.

To access this service call PerformCare at 1-877-652-7624, 24 hours per day, 7 days a week.

In addition, Family Support Organization of Bergen County is a family-run, not-for-profit agency that helps parents negotiate the mental health and special education systems. They are available for advice and will even accompany parents on appointments as an advocate. They can be reached at 201-796-6209, ext 101