

TIPS FOR PARENTS SEEKING HELP FOR THEIR CHILD:

1. For help during a behavioral or emotional crisis, call 911 or 269-373-6000.
2. Call 269-373-6000 for assistance through Kalamazoo Community Mental Health & Substance Abuse Services.
3. Call 2-1-1 or 381-HELP (4357) for assistance in finding community resources.
4. Seek references on service providers. Ask friends, neighbors, trusted community members who they have seen do good work. Ask the service provider for references.
5. Check licensure and status of service providers at <http://www.dleg.state.mi.us/verify.htm>.
6. Ask the therapist if they are experienced in the practice area you need (ADHD, Trauma, Bipolar...)
7. Feel confident in interviewing professionals before committing to services.
8. Ask the provider if they accept your insurance, and the amount of the co-pays .
9. Use the "1-800" number on the back of your insurance card and see if customer services can assist you finding local, covered providers.