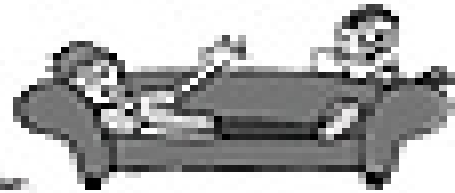


# WHEN AND HOW TO SEEK PROFESSIONAL HELP

For a checklist to help you decide when you should seek the advice and help of a professional, see the List below. If you would substitute any of the following behaviors for those listed, professional help is highly recommended.



- If your child is a danger to himself.
- If your child is a danger to others.
- If your child's functioning level is dependent upon a mental disorder.
- If your child exhibits symptoms of aggression, conduct, or destructive behavior.
- If your child engages in a pattern of behavior that is dangerous or illegal.
- If your child has a substance abuse problem.
- If your child's behavior is harmful to the family.
- If your child complains of seeing or hearing things that are not real.
- If your child engages in suicidal or self-harmful acts (suicidal thought patterns).
- If your child appears depressed or suicidal.

## WHAT CAN WE CONTACT FOR:

- ✓ contacting the school psychologist at your child's school
- ✓ calling your local mental health center
- ✓ using the police psychiatric emergency treatment center or psychiatric hospital
- ✓ looking for services in the blue pages of your phone book
- ✓ calling your child's government
- ✓ calling relatives
- ✓ joining support group
- ✓ calling the police, if necessary

# QUESTIONS TO ASK WHEN SEEKING A THERAPIST



1. What is your professional training and degree?

2. How much training and experience do you have working with children and adolescents?

3. What are your theoretical views about approach?

4. How would you handle discipline in your office?

5. Do you usually see the child individually or with the family?

6. How frequently will you meet with my child?

7. How long will the treatment last?

8. What is the cost of each session? Does insurance cover the cost?

9. What happens if I have to cancel an appointment?

10. Will you be willing to refer me to any other professional if necessary?

11. Will you be working with my child's parents?

12. What happens if there is a crisis with my child? Do you have access to crisis intervention services?

13. What are your office hours? Can you be reached outside of the office?

