

Most of us don't consider the possibility of mental health care until we are in crisis. Just as we plan for storms and other emergencies, taking a moment to consider what to do in the event that you or a family member requires mental health treatment. The more information you have (and keeping track of it) is a very important part of a successful treatment plan.

Learn about local hospitals and facilities.

You might be surprised how many people in your life are already engaged with mental health providers. Your friends, family and physician can give you ideas and perspectives on where to look for services and share insights on providers. Consider ages of family members, where facilities are located, etc. Be aware that you may not always get to choose where you are cared for if there are no available beds.

hospital: _____ phone: _____

hospital: _____ phone: _____

notes: _____

Understand your insurance.

If you have insurance, find out what coverage they provide for mental health services and what hospitals and facilities they work with. Anything from therapy to full hospitalization. Have their contact information handy in case of emergency. If you don't have insurance, take time to learn about county and state resources.

provider: _____ phone: _____

webpage: _____ fax: _____

coverage notes: _____

Therapy - not just for a crisis.

Visiting a therapist can be helpful during intense times, but it is also a beneficial resource to consider for more everyday challenges. Connecting with a therapist can be an easy way to become familiar with mental health services and a way to maintain mental wellness.

CONTACTS

Who will you want to contact? Family? Friends? Childcare? Employers? Consider who you might need in a crisis.

RESOURCES

Catholic Charities Counseling Program
Des Moines: 515-237-5045
catholiccharitiesdm.org

NAMI Iowa: namiiowa.org
NAMI's National Information Helpline: (800) 950-NAMI

Suicide Prevention Lifeline:
(800) 273-TALK or
(800) SUICIDE

Find a Therapist:
psychologytoday.com

Polk County Health Services:
polkcountyiowa.gov/healthservices/about-pchs/

Iowa Department of Human Services:
polkcountyiowa.gov/healthservices/about-pchs/

