

Being Prepared

Know Where to Find Help for Your Child

If you are worried about your child's emotions or behavior but do not know a child and adolescent psychiatrist or a psychiatric facility with special programs for youngsters:

- Ask friends or family members who have had experience with psychiatric treatment
- Consult your child's pediatrician or family physician
- Contact your child's school counselor or student assistance plan
- Ask your Employee Assistance Plan representative
- Contact your local Medical Society, Psychiatric Society, Mental Health Association or County Mental Health Administrator
- Look in your Yellow pages under "Physicians (Psychiatry, Child)"
- Contact the American Academy of Child and Adolescent Psychiatry,

www.aacap.org
3615 Wisconsin Ave., NW
Washington, DC 20016-3007
voice: 202.966.7300
Fax: 202.966.2891



Note: A Child and Adolescent Psychiatrist is a physician with at least 5 years of additional training beyond medical school in adult, child and adolescent psychiatry

