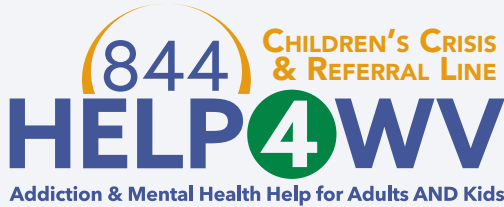


## Signs of common behavioral health disorders in children:

- Panic or tantrums at times of separation from parents
- Feeling or appearing depressed, sad, tearful, or irritable
- Changes in appetite or weight
- Sleeping more or less than usual
- Feeling tired or having less energy
- Caring less about school or not doing as well in school
- Having thoughts of suicide or wanting to die
- Constant thoughts and intense fears about the safety of parents and caretakers
- Refusing to go to school
- Frequent temper tantrums
- Excessive arguing with adults
- Trouble paying attention
- Hyperactivity
- Obsessions and compulsions
- Drug and alcohol use
- Frequent anger and resentment



**Call: 1(844) HELP4WV**

**Or: 1(304) 356•5840**

**Text: 1(844) 435•7498**

**Chat: help4wv.com**

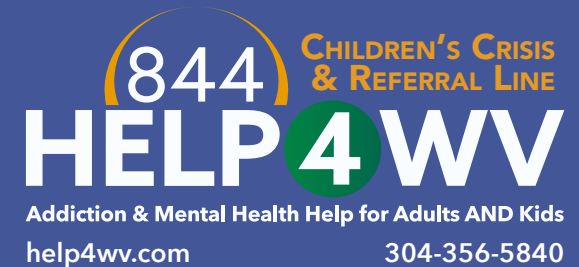
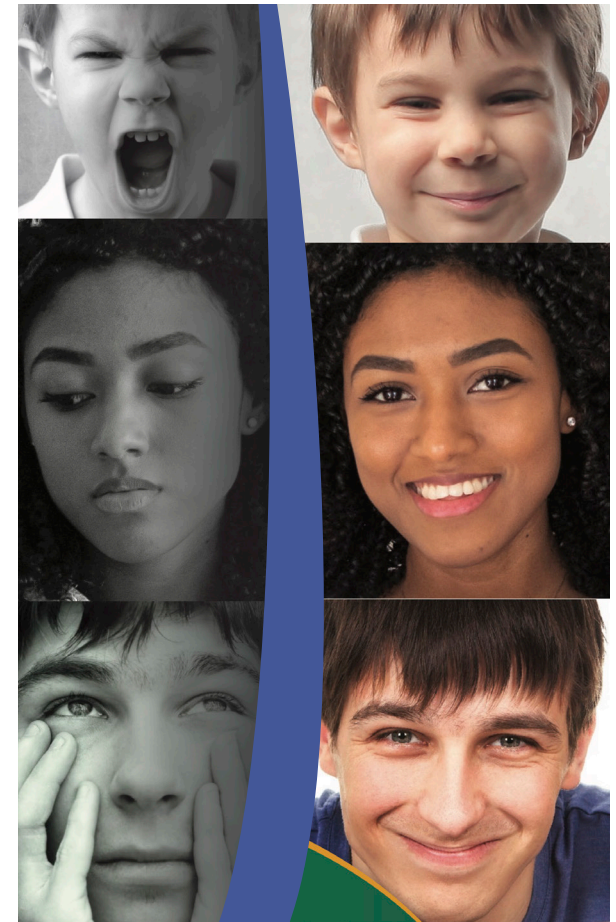
**Email: help4wv@firstchoiceservices.org**



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# Help in **YOUR** Community

When it comes to children, it may be easy to see that something is wrong, yet scary and challenging to know where to find help. The Children's Crisis & Referral Line is available 24/7 to assist in finding the most appropriate available treatment for youth behavioral health needs. We can provide parenting support, crisis counseling, and local resources for your family.

Our goal is to offer support that facilitates children staying in their homes, schools, and communities. We can provide information on a wide array of services and resources for children relating to:

- Mental health disorders
- Behavior concerns
- Substance use
- Intellectual and developmental delays
- Emotional wellbeing

## The resources we refer to include:

### *West Virginia Wraparound*

A wraparound facilitator builds a team of community partners and supportive family and friends to develop a plan that will help support the family and child to keep the child thriving at home.

### *Positive Behavior Support*

Services range from a one-hour telehealth brainstorming session, to a youth-centered plan for behavior improvement, to intense in-home services.

### *Regional Youth Service Centers*

These professionals focus on early detection, treatment, and recovery for young people experiencing addiction or mental health issues, including depression, anxiety, and psychosis. The services are provided on an outpatient basis with a goal of helping the youth thrive in their own home.

### *Comprehensive Behavioral Health Centers*

These regional centers provide a continuum of mental health services, including psychiatric assessment and outpatient counseling.

### *Children's Mobile Crisis Response and Stabilization Teams*

A small team provides immediate assistance over the phone or is available to come quickly to de-escalate a crisis.

### *Regional Youth Transition Navigators*

This program connects youths and young adults aged 14-25 who have trouble functioning due to a mental illness or addiction, with support to develop independent living and people skills, navigate systems like health care and education, and access and participate in treatment and recovery services.