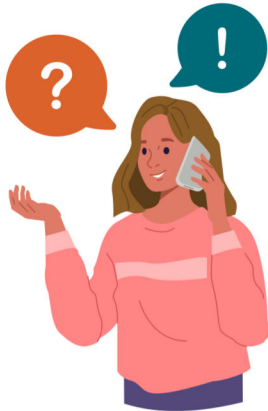


Asking for Assistance

Questions you ask will vary based on the person you are contacting, the age of your child, and the concerns you have about your child.

- Does my child need more assistance than other children or is their behavior typical?
- Can you help me understand the typical behavior for my child's age?
- What type of services could help my child?
- How can I find support for myself and other family members?
- Who can I call to get information about the types of services and programs which are available?

**It's OK
to Ask for
HELP**



Tips from Families

When considering seeking professional help, it is normal to feel overwhelmed. Keep in mind that you are the one who knows your child the best.

Every child is unique and responds differently to treatment and support services. Be patient and persistent in finding the right supports that work for you and your child.

Scan or click the QR Code to view Project TEACH's resources!



Family/Youth



Provider



Family Guide: Where to Turn

Are you concerned about your child's behavior or development?

You are not alone.

YOU ARE HERE

Resources are available to help you navigate this journey.



Office of
Mental Health

Notice any changes in your child?

The following are some general areas of concern for each age group, although it is important to note that there may be other changes beyond those listed.



Observe and talk to your child.

Do you notice any changes in these areas?

- Sleeping
- Eating
- Talking
- Socializing
- Playing
- Family
- Mood
- Worries
- Learning/School
- Attention
- Friendships
- Energy Level
- Stress
- Isolation
- Drugs/Alcohol
- Sexual Activity

Remember, some behaviors are normal depending on your child's age and circumstances.



Want more information?

Scan or click the QR code to view more information about children's milestones.

Preparing for my Child's Appointment



What Items Should I Bring?

- ✓ Health insurance information
- ✓ Your child's medical and/or mental health history, including any medications
- ✓ Your list of concerns about your child including what you have tried and what has worked and doesn't work
- ✓ If there is information you would like the doctor or professional to know, but you don't want to discuss in front of your child, write them down and give them to the doctor or professional to read over

What Should I Expect?

You may be asked about your family history, your child's developmental milestones, and their performance in school, home, and the community.



Who should I contact?



Scan or click any of the QR Codes for more information



Family Doctor or Pediatrician

Bring your child to your local doctor to get recommendations for your child's needs.



Early Intervention Program

Contact your county to see if your child between the ages of 0 and 3 is eligible for disability support services.



County Children's Single Point of Access Coordinators (SPOA)

Contact your local SPOA coordinator to get help with connecting to providers and mental health services.



Help Hub for Families

Brought to you by the New York State Council on Children and Families, Help Hub for Families is a user-friendly website that aims to connect parents and caregivers to health, education, human service, and disability information.

Helphubforfamilies.ny.gov



School District

Your child's school can give you information about programs, services, and special education options for children ages 3 and up.



Office for People With Developmental Disabilities (OPWDD)

Contact your local Front Door Office to identify needs and connect to developmental disability services for your child.

Call: 1-866-946-9733



NY Connects

Contact NY Connects to find out about long term supports for all ages and/or any disability.

Call: 1-800-342-9871



211 (NYS) and 311 (NYC)

Call these helplines to get help with assessing your needs and linking to resources.



IF YOUR CHILD IS IN CRISIS
Call 988 or Visit 988lifeline.org/chat



Who else can help?



Families Together of NY State

Contact to find a Family Peer Advocate in your area.

Call: 888-326-8644



Parent to Parent

Get connected to a statewide network of parents who provide emotional support to families of individuals with special needs.

Call: 518-381-4350



Office of Children and Family Services HEARS Family Line (Help, Empower, Advocate, Reassure, and Support)

Call OCFS HEARS to learn about services including food, clothing, housing, medical and behavioral health care services, parenting education and child care.

Call: 1-888-554-3277

