

Youth Behavioral Health Care Map



It can be hard to tell the difference between behaviors and emotions that are a normal part of growing up and those that are a cause for concern. In general, consider seeking help if your child's behavior continues for a few weeks or longer; causes distress for your child or family; or interferes with your child's functioning in school, at home or with friends.

Seek immediate support if your child's behavior is unsafe, or if your child talks about hurting themselves or others.

Recognize the warning signs

- Significant changes in personality or behaviors
- Verbal or physical aggression
- Isolating or withdrawing from school, family, friends, and things they once enjoyed
- Running away or threatening to run away
- Expressing suicidal thinking or self-harm tendencies

Know who can help

- Doctor
- School professional
- Your workplace's Employee Assistance Program (EAP)
- Mental health professional

These professionals may be able to offer a referral or recommendations for next steps.

For Immediate 24/7 Crisis Support

If you, your child, or someone you know is in immediate distress or is thinking about killing themselves:

Call 9-1-1

Share that you are experiencing a mental health crisis and ask for a mental health co-responder, if available.

Go to the closest emergency room

Crisis support by phone or text

National Suicide and Crisis Lifeline: Call or Text 9-8-8

Johnson County Mental Health Center: Call 913-268-0156

Prepare to meet with a provider

- Come prepared to have an open and honest conversation
- Have a general timeline of behaviors or concerns
- Bring a current list of medications/last refills/pharmacy information
- Have a list of contact information for other providers
- Contact your insurance company to see what coverage options are available

An initial appointment offers an opportunity to learn about strengths and needs to help determine next steps.

Exploring Services



Case Management

Consists of many services used to help individuals gain skills to access medical and behavioral health care, housing assistance, and other supports required to meet basic human needs. Case management is done by developing skills and by taking action to meet identified goals.



Therapy

Discussing challenges and identifying steps for improvement with a qualified mental health professional in a one-on-one or group setting.



Medication

Used to influence the brain chemicals that regulate emotions and thought patterns. Can reduce symptoms to make other methods of treatment, like therapy, more effective.



Psychosocial Groups

Supportive learning by working with peers on topics like problem-solving, time management, social skills, and personal relationships.

Walk-In Services

Johnson County Mental Health Center Open Access

Open Access is a same-day, walk-in service provided at Johnson County Mental Health Center. Open Access provides mental health assessments to individuals seeking treatment and care.

Walk-in hours start at 9 a.m. Monday through Friday at the Olathe and Shawnee offices.

Olathe

1125 W. Spruce Street
Olathe, KS 66061

Shawnee

6440 Nieman Road
Shawnee, KS 66203

For questions or non-emergency needs, you can contact the Customer Care Center at (913) 826-4200 during business hours.

Resources

Support organizations:

NAMI | Johnson County

namijoco.org
913-210-0630

Pathway to Hope

pathwaytohope.org
913-397-8552

Apps:



Suicide Safety Plan - designed to support those dealing with suicidal thoughts and provides tools for creating a safety plan.



Happify - effective tools & programs to better control your emotional wellbeing.

Notes
