



## Behavioral or Mental Health Concerns?

I can help.

I am a board certified nursing specialist.

### **I am a PMHS.**

As a Pediatric Primary Care Mental Health Specialist (PMHS), I have earned specialty board certification above and beyond graduate level education and basic advanced practice nursing credentialing. My knowledge, skills, and expertise have been validated by a national standard.

### **What does this mean for families at this practice?**

My goal is to provide specialized care in this familiar setting for children, adolescents and families with behavioral and mental health concerns.

I am experienced in early identification and intervention for behavioral and mental health concerns typically seen in primary care.

I am a provider who assesses, diagnoses, and manages mental health and behavioral concerns. When needed, I also help patients and their families manage these concerns until specialized care is available.

I also play a role in collaboration and coordination of care with other professionals in medical and educational settings.

### **Questions?**

Please ask me about how I promote optimal health for your child or adolescent. I am here to help.

### **Respected Resources:**

***National Suicide Prevention Lifeline: 1-800-273-TALK (8255)***

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress

***The Partnership at Drugfree.org:***

Prevention, intervention, and treatment information

***Mental Health America:***

Promoting mental wellness and connecting families with information: [mentalhealthamerica.org](http://mentalhealthamerica.org).

***National Alliance on Mental Illness (NAMI):***

Promoting awareness, education, and advocacy: [www.nami.org](http://www.nami.org)

***National Institute of Mental Health (NIMH):***

Government agency dedicated to understanding and treatment of mental illness through research: [nimh.nih.gov](http://nimh.nih.gov)