

## Tip Sheet 1: What should I do if I think my child needs a mental health evaluation?

### CONSULT YOUR PEDIATRICIAN

- Schedule a medical examination
- Your pediatrician may be able to provide a referral for a mental health provider
- Ask your pediatrician whether she/he is part of the MCPAP program  
Primary care providers may enroll by calling:

(508) 334-3240 - Central Region: U Mass Medical Center  
(508) 894-8484 - Southeast Region: McLean-Brockton  
(413) 794-3342 - Western Region: Baystate Medical Center  
(888) 627-2767 - Northeast Region: North Shore Medical Center  
(617) 724-8282 - Boston/Metro Region I: Massachusetts General Hospital  
(617) 636-5723 - Boston/Metro Region II: NEMC / Children's Hospital Boston

A town by town listing may be found on the Announcements page within  
[www.AdolescentWellness.org](http://www.AdolescentWellness.org)

### BECOME FAMILIAR WITH YOUR MENTAL HEALTH BENEFITS

- Health insurance carriers often subcontract with companies to manage the mental health benefits of their subscribers (also known as “carve outs.”).
- Call the 800# on your insurance card to learn about specific mental health benefits.
- The health insurance company should be able to give families a list of mental health providers based on discipline (e.g., psychiatry, psychology, social work) and location

### OTHER CONSIDERATIONS IN FINDING REFERRALS

- The psychiatry department for major hospitals can be a useful resource for finding referrals.
- Talk to other parents who have met with therapists; ask about their experiences and whether they would recommend particular providers.
- When interviewing particular providers, be sure to ask about their expertise in working with children and adolescents. Ask specifically about their crisis or emergency planning and availability.