

# Behavioral Health Support



The Center for Endocrinology, Metabolism and Diabetes at Children's Hospital Los Angeles (CHLA) provides complete care to their patients, including referrals to our Endocrinology Embedded Psychology Program. This program supports the behavioral health of your child.



## What is behavioral health?

Behavioral health is the connection between your behavior and the health of your mind and body. This can include mental health as well. You or your child were referred for behavioral health support. If you or your child needs support sooner than your scheduled appointment, below are some resources that we hope you will find helpful.

## Where do I find behavioral health support resources?

- Contact your insurance plan's customer service department and ask for a list of behavioral health therapists that have experience working with children and chronic illness.
- Call (800) 854-7771 or 2-1-1 to ask for referrals for outpatient behavioral health services.
- You may also visit [www.psychologytoday.com](http://www.psychologytoday.com) where you can find specific therapists who match your child's needs, age, insurance, and location.
- For mental health support through CHLA: If your child has Medi-Cal, please call (323) 361-7827. If your child does not have Medi-Cal, please call (323) 361-6233.
- Visit the American Diabetes Association's Mental Health Provider Directory Listing to find a behavioral health professional who knows about diabetes and how it can affect a person's well-being: <https://my.diabetes.org/health-directory>

## What if I or my child need help right away?

If you or your child are at risk for self-harm and/or harm to other(s), call 911 or (800) 854-7771. If it is safe to transport yourself or your child, you may go to your closest emergency room.



## For free information and support available 24 hours a day, 7 days a week:

- **Crisis Text Line:** Text *HELLO* to 741741. Chat and WhatsApp options available at <https://www.crisistextline.org>
- **988 Suicide and Crisis Lifeline:** Call or text 988. Chat option is available at <https://988lifeline.org>

Support is available in English, Spanish and for the Deaf and Hard of Hearing

## Endocrinology

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