

**Q: When should I call for a behavioral health appointment?**

A: During our stressful daily lives, it is often unclear what constitutes normal stress and when does it become overwhelming. When do you ask for help? Certainly if you, or someone you know, is in danger of harming themselves or someone else, you should immediately call 911. However, other situations are less clear. In general, you should ask for help when things become more than you can handle. Some things to look for include:

- Lack of energy or interest in usual activities
- Changes in appetite or sleep
- Unusual crying or other mood changes
- Irritability or frequent arguments
- Increased fear or anxiety
- Use of substances (alcohol or drugs)
- Feeling overwhelmed with stress

It is important to note that you should also watch for these signs in your children and elderly relatives. Depression, for example, is very common among adolescents and senior citizens.

If you are uncertain whether to call or not, it's always best to call and get an objective opinion. Behavioral health issues are common and very treatable. Your first call can be to your Primary Care Physician, who is responsible for overseeing all aspects of your care and can rule out any medical causes for your concerns. You can contact US Family Health Plan Behavioral Health Services at 1-866-390-0933 to identify a behavioral health provider or to speak with a nurse.