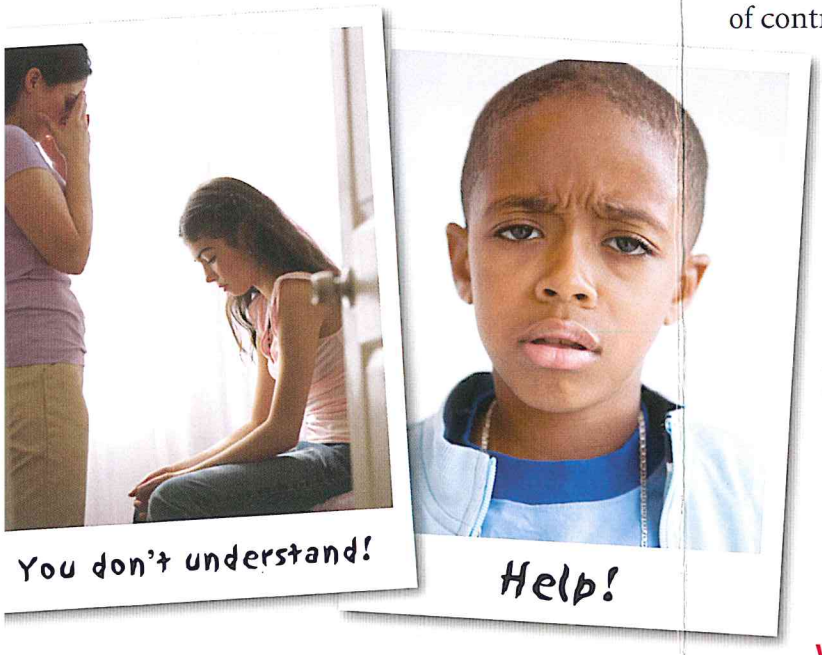
When it's just too much to handle, call us, we can help.



DIAL 2-1-1

To contact EMPS - Crisis Intervention Services

Is your child in crisis?
Do you need immediate help with:

- A child who is angry and out of control?
- A child who is destroying property, breaking the law, or doing things that are life threatening?
- A child who is threatening to hurt him/herself or others?
- Any behavioral crisis involving a youth?

Dial 2-1-1 to get help NOW!

When your child is in crisis, 2-1-1 is your lifeline.

It's not easy to get through to a child who is out of control. The good news is, help is only a phone call away. By dialing 2-1-1, you are reaching out to trained counselors who can immediately help to resolve the crisis.

How do I know if I should dial 2-1-1?

You should call if you feel that your child, under the age of 18, is in a crisis situation that is too difficult for you to handle. Examples of these situations are:

- A child who is putting him/herself or others in danger.
- A teen who is acting violently.
- An angry child who is behaving dangerously.

What is 2-1-1?

2-1-1 is a toll-free, confidential service connecting people to the health and human services they need.

What happens when I call 2-1-1?

When you call 2-1-1 for help with a youth in crisis, you will be connected with EMPS - Crisis Intervention Services.

"Hello, you've dialed **2-1-1**, how can we help?"

EMPS is an intervention service for children and youth in crisis. **EMPS** Counselors are available immediately, 24 hours a day, 365 days a year, in person or by phone.

What does the EMPS do?

The **EMPS** helps resolve behavioral or emotional crises, at home, in school, wherever help is needed.

EMPS Counselors respond immediately to the crisis, and work with the child and family to develop a crisis plan to bring the situation under control as soon as possible.

What happens next?

Support is provided to the child and family for up to 6 weeks. Follow-up care involves the child, family members, and community based supports.

I have more questions, who should I ask?

You can dial 2-1-1 with any questions you may have about 2-1-1 or **EMPS** services.

DIAL 2-1-1

2-1-1 United Way

EMPS is a program funded by the State of Connecticut in partnership with United Way of Connecticut 2-1-1.
www.empsct.org