



**Jeffers,
Mann &
Artman
Pediatric**

and Adolescent
Medicine, P.A.

Mental Health

Resources to help parents, children and families

Our Family-Centered Medical Home includes both physical and mental health

When we are free of feelings such as depression, anxiety, excessive stress, worry, addictions and other psychological problems, we are more able to live life to its fullest.

A large range of Mental Health services are available in our community for children and teens. These are valuable and credible resources to assist parents, children and families with conditions or situations that cause stress in our lives that prevent us from being happy and content. Plus, your pediatrician and care team is always available to advise and answer questions.

Holly Hill Hospital Response Line

Provides emergency mental health consultations 24 hours, 7 days a week.

919-250-7000

www.hollyhillhospital.com

Wake County Mental Health Services

Provides psychological and psychiatric services for Medicaid or uninsured patients (attention deficit disorders, depression, anxiety, mood disorders, oppositional disorders, eating disorders, substance abuse, developmental disabilities and many other psychological conditions).

919-250-3133

www.wakegov.com (search mental health)

Alliance Behavioral Healthcare

Provides mental health services for Wake and Durham counties (soon to take over the services provided by Wake County Mental Health listed above).

800-510-9132

www.alliancebhc.org

Johnston County Mental Health Services

Provides psychological and psychiatric services for Medicaid or uninsured patients (attention deficit disorders, depression, anxiety, mood disorders, oppositional disorders, eating disorders, substance abuse, developmental disabilities and many other psychological conditions).

919-989-5500

www.johnstonnc.com/mentalhealth

Alcohol and Drug Counseling

Southlight 919-787-6131

www.southlight.com

Postpartum Depression Support Groups

(moms-supporting-moms support group)

919-454-6946

www.rexhealth.com/moms-supporting-moms

YOUR CARE COORDINATOR at Jeffers, Mann & Artman is the point person, keeping track of all your specialists & outside resources. We keep all aspects of your care connected and up-to-date.

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2 Online Services keep you connected:

www.jeffersandmann.com

Patient Portal:

- ✓ Access to your medical records
- ✓ Request an appointment
- ✓ Ask our staff
- ✓ Request prescription refills

Pre-visit Screening Tool called CHADIS

- ✓ Fill out age-appropriate screening forms
- ✓ Do paperwork in advance

We're here to help!

Raleigh office 919-786-5001

Clayton 919-359-3500

Cary 919-852-0177

Wake Forest 919-453-5363

Holly Springs 919-586-0050