

you have **questions** about mental health services for children—  
and we have **answers**

# the how-to guide can help

## Have you found yourself wondering...

- is my child's behavior just a phase?
- can my child's school help us?
- should my child see a professional?
- what other services are out there?
- how do I pay for them?

The Parents' How-To Guide to Children's Mental Health Services in Massachusetts answers all of these questions and more. It takes you through the mental health system step by step, from deciding if your child needs care to getting specific services.

**The How-To Guide is full of useful advocacy tips and practical advice!**

**FREE DOWNLOAD**  
*of the Guide available at:*

*[www.childrenshospital.org/  
mentalhealthguide](http://www.childrenshospital.org/mentalhealthguide) or  
[www.bostonbar.org/theguide](http://www.bostonbar.org/theguide)*

# get the guide

contact [TheGuide@bostonbar.org](mailto:TheGuide@bostonbar.org) or 617-778-1934—or explore it online at  
[www.childrenshospital.org/mentalhealthguide](http://www.childrenshospital.org/mentalhealthguide) or [www.bostonbar.org/theguide](http://www.bostonbar.org/theguide).



# get the guide

*“Every day, I see people who would benefit from information in the How-To Guide, which is why I keep copies in my office and reception area. Many of our patients and their families have relied on the Guide to help them learn how to get started in the mental health system.”*

*- David R. DeMaso, M.D.  
Psychiatrist-in-Chief,  
Children’s Hospital Boston*

*“Our organization appreciates the extra help we get from the How-To Guide. It is an invaluable resource for families, particularly those with so many challenges. It is essential that our staff and clients have good information in hand in order to get the services their families need.”*

*- Marylou Sudders, Executive Director  
Massachusetts Society For the  
Prevention of Cruelty to Children*

*“Finding mental health services for children and teens requires patience, tenacity, and a very good guide. The How-To Guide can be that guide—for help with insurance or your child’s school, or as a place to start. And its advocacy tips point out wonderful shortcuts for families.”*

*- Lisa Lambert, Parent and Assistant  
Director, Parent/Professional  
Advocacy League (PAL)*