



# Youth Empowerment Services

## YES FOR YOUTH

### What is YES?

**Youth Empowerment Services (YES)** is the mental health system of care in Idaho that helps children and youth under the age of 18 who are at risk for or have serious emotional disturbance (SED). The goal of YES is to give children and youth who are at risk for or have SED access to the services and supports that will help them improve their mental health.

### What is Serious Emotional Disturbance?

**Serious emotional disturbance (SED)** refers to a mental, behavioral or emotional issue that limits an individual's ability to participate in family, school, or community activities. To have serious emotional disturbance, children or youth would have both a mental health diagnosis **AND** a functional impairment.

### How do I Know if I Need Help?

Not everyone who has a mental health concern has serious emotional disturbance (SED), but other types of mental health issues can also benefit from treatment. A mental health checklist for families in English and Spanish is available on the YES website: [YES.idaho.gov](https://yes.idaho.gov).

If you are comfortable, ask your parents or guardians to help you contact someone who can do a mental health assessment. You can also talk to another responsible adult such as a friend's parent, a teacher, school nurse, guidance counselor, doctor, or a leader at your church.

If they have questions about the process or YES, show them the YES website.

If you or your parents need help with these steps, visit the YES website's Getting Started page:

[YES.idaho.gov/youth-empowerment-services/getting-started](https://yes.idaho.gov/youth-empowerment-services/getting-started).

### How Do I Get Help?

The [YES.idaho.gov](https://yes.idaho.gov) Youth page, under the Getting Started menu, can help you learn more if you are new to the YES system of care.

Geared toward you and your family, it can help you:

- Determine if you think you may need mental health help.
- Find answers to questions about the YES system of care.
- Learn about what a diagnosis may mean for your future.
- Help your family and friends.

### Can I Get Help NOW?

If you are considering suicide or need someone to talk to, call or text 988 – the Idaho Crisis & Suicide Hotline: [idahocrisis.org](https://idahocrisis.org).

If you currently have Medicaid you can also call Magellan Healthcare at 1-855-202-0973 and speak to someone 24 hours/day, 365 days/year, and visit [MagellanofIdaho.com](https://MagellanofIdaho.com).



**LEARN MORE**  
[YES.idaho.gov](https://yes.idaho.gov)

