

# YES YOUTH EMPOWERMENT SERVICES FOR YOUTH



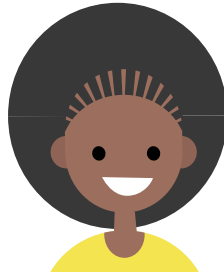
## What is Youth Empowerment Services?

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

## What is serious emotional disturbance, or SED?

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 be identified as having serious emotional disturbance, a child or youth would have both a mental health diagnosis AND a functional impairment.



## How do I know if I need help for my mental health?

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 and on the State Department of Education's website.

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 Youth Empowerment Services (YES), show them the YES website. If you or your parents need help with these steps, read the [How Do I Get Help?](#) guide.

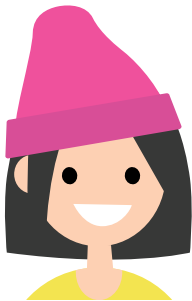


LEARN MORE ONLINE AT  
[yes.idaho.gov](http://yes.idaho.gov)

## Where do I get help NOW?

If you are having a mental health **EMERGENCY**, or you think you are in **DANGER**, please **CONTACT 9-1-1** or go to your local emergency room.

If you are considering suicide or need someone to talk to, call **208-398-4357 (HELP) - Idaho Suicide Prevention Hotline, 24 hrs/day, 7 days/week**. You can call or text even if you are not considering suicide, but just need to talk to someone about how you feel. If you currently have Medicaid you can also call Optum Idaho at 855-202-0973 and speak to someone 24 hours/day, 365 days/year.



## How do I get help for my mental health?

[How Do I Get Help?](#) is a great guide help you get started if you are new to the mental health system of care. Geared toward youth and their families, it can help you:

- Understand what a mental health assessment is.
- Find out if you have insurance with mental health benefits.
- Make an appointment with a provider.
- Take charge of your care.



## Where else can I get help?

For help finding a mental health provider, you can contact:

- 2-1-1 Careline to get the phone number of your [local Children's Mental Health office](#).
- Optum Idaho at 855-202-0973.
- Your private insurance company for local resources.



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HEALTH & WELFARE