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When to call a licensed mental health professional

You do not have to wait until things are 10/10 bad to get help from a qualified, licensed mental health professional. While there are a lot of people to help you on your caregiving journey, sometimes you need someone well-trained to be objective to assist you in making sense of your thoughts and feelings.

Here are some additional signals that it is time to talk to a licensed mental health professional:

- You're having thoughts of harming yourself or your loved one
- You're feeling so overwhelmed and isolated that your typical supports are not effective
- You've had a rupture in your relationship with your care recipient or with a family member
- You've been putting off an important decision related to your loved one's care
- You recognize how you're feeling as a pattern in your life, and you need someone to hold you accountable for self-care and breaking the pattern

If you are having immediate thoughts of harm, please call the National Suicide Prevention Lifeline: **1-800-273-8255** or the Family Caregiver Alliance: **1-800-445-8106**

******There are lots of benefits to working with a licensed mental health professional, including their level of training, use of evidence- and empirically-based interventions, regulations by a state board, continuing education requirements, and coverage by many insurers. ******