

If you or someone you love is going through a mental health or substance use crisis, there is information, there is compassion. There is help. 24-hours-a-day, seven-days-a-week.

Call 401-414-LINK(5465)

Or walk into our location at  
975 Waterman Avenue  
in East Providence, RI.

**Are you a  
Rhode Islander,  
18 years or older,  
and feeling  
overwhelmed?**

Depression

Suicidal thoughts

Substance use

Anxiety/stress

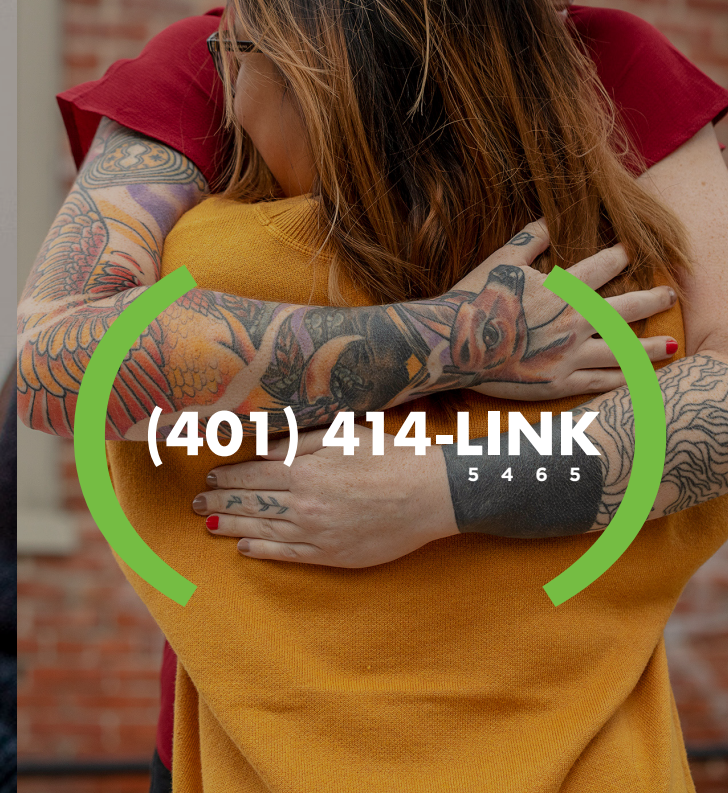
Domestic violence or other  
traumatic experience

Acute life stressors like homelessness,  
death in the family, job loss

Trouble connecting with  
behavioral health services

Adjustment issues like family separation,  
student life or military service

[BHLINK.ORG](http://BHLINK.ORG)



**YOU  
ARE  
NOT  
ALONE.**





## **BH LINK IS HERE TO HELP.**

When you experience a crisis, you and your loved ones are often unsure of how and where to get help. The feelings of helplessness, loss of control, and vulnerability that typically accompany a crisis situation can be overwhelming. A crisis can also leave you unable to cope or adjust to your situation, leading to the belief that the crisis will never end. And unfortunately, these beliefs can lead to substance use, physical violence or suicide.

## **WHAT IS BH LINK?**

The Behavioral Health Link provides immediate, innovative crisis intervention services, connecting you to ongoing treatment and care.

Services are provided by our professional team of registered nurses, counselors, psychiatrists, phone screeners and peer specialists. Our clinicians listen to your concerns, and take the steps necessary to get you through your crisis, and help connect you to longer term services if needed. We'll provide you with referral information to community based mental health centers, substance use counselors, housing assistance organizations, child and family services, and other providers as appropriate. Our goal is to divert people from emergency rooms to a more supportive and appropriate care environment.

## **AND WHAT CAN WE DO FOR YOU?**

We look at the whole person to determine what assistance or programs you need to be well again.

24/7 crisis assessment

Walk-in services

24-hour stabilization beds

Referral and transportation to 24/7 residential services

Close proximity to higher-level medical and psychiatric services if needed

Crisis/suicide hotline

Referrals to local veteran support services

Housing and basic needs referrals (food, rent, shelter, financial, etc.)

Substance use assessment and referral

Mobile crisis service (with the capability to send clinicians into the community)

Peer specialist services for ongoing support

Critical incident/domestic violence assessment and referral

Short term psychiatric services (including the ability to prescribe medication)

Nursing services

Mental health and substance use education and awareness