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 rman Avenue ovidence, 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

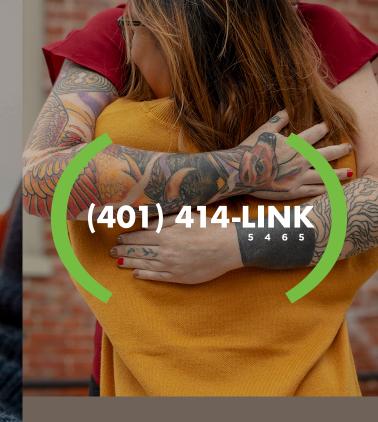
Adjustment issues like family separation, student life or military service







BH LINK offers behavioral health services for individuals who live in Rhode Island. BH LINK is not affiliated with Integrated Health Resources, LLC d/b/a Georgia Crisis & Access Line, d/b/a BEHAVIORAL HEALTH LINK®, or BHL®



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?

BH 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.

