

# CATCH-Johnston Behavioral Health

Know a child or adolescent that needs behavioral health services? The CATCH-Johnston team may be able to help!

The CATCH-Johnston team, who are UNC Health behavioral health providers, partners with Johnston County organizations to provide private spaces and the needed technology to offer virtual services.

**CATCH-Johnston is a program that will work well for children and adolescents who:**

1. Can engage with a behavioral health provider over an iPad for 60-90 minutes,
2. Can travel with an adult to one of the CATCH-Johnston virtual access points,
3. Are interested in speaking with a behavioral health provider, including talking about:
  - Persistent sadness – two or more weeks
  - Withdrawing from or avoiding social interactions
  - Hurting oneself or talking about hurting oneself
  - Talking about death or suicide
  - Outbursts or extreme irritability
  - Out-of-control behavior that can be harmful
  - Drastic changes in mood, behavior, or personality
  - Extreme Worrying
  - Changes in eating habits
  - Loss of weight
  - Difficulty sleeping
  - Extreme difficulty in concentrating or staying still
  - Frequent headaches or stomach aches
  - Changes in academic performance
  - Avoiding or missing school
  - Voices concerns or questions about sexual orientation or gender identity
  - Difficulty completing daily tasks



**To refer a child or adolescent:**

Call 984-974-1619, leave a message, and a CATCH-Johnston staff member will return your call (typically within 2-5 business days) **OR** medical providers using Epic can refer by selecting UNC PSYCHIATRY CATCH JOHNSTON [1070612001011]

**To Learn more:**

Call 984-974-1619 and leave a message  
Go to: [unc.live/3TW7Z0A](https://unc.live/3TW7Z0A)  
[Charissa\\_Gray@med.unc.edu](mailto:Charissa_Gray@med.unc.edu)

