

Help Your Children Live Healthier and Less Stressed

Nearly 1 in 5 kids in the U.S. (ages 3–17) have a mental, emotional or behavioral problem. Even before COVID-19, 13.2% of kids already had anxiety, depression or other serious mental health issues.¹

The good news is if children get the **right help early** on, they can **build strong habits** to shape a good quality of life for their future. Habits that include:



Skills to learn life lessons



How to make friends



How to manage emotions

How you can help

Not all kids show outward signs of anxiety or depression. So, **all kids should get a mental health screening every year.**

Even without a mental health diagnosis, many kids can benefit from the support and gain valuable life skills.

The U.S. Preventive Services Taskforce suggests screening for:

- **Anxiety** – children aged 8 to 18 years
- **Depression** – children aged 12 to 18 years

Benefits of mental health screenings:

Find Problems Early: Yearly mental health screening can spot concerns that may need a closer look.

Pathway to Healing: A mental healthcare visit can help find a problem early and stop it from getting worse.

Get the Right Care: A mental health professional can create a care plan just for your child and family.

Whole Child: Helping your child be healthy includes mental health which can make physical health much better.



Don't forget: When you take early action and special care, your child can feel happy and adjust well as they grow up!

(continued)



Contact information

If you have questions about your health plan benefits, call the Mental Health Benefits number listed on your member ID card.

To locate a mental health professional in your plan network:

- Go to **healthnet.com**
- Select *Find a Provider*
- Select *location*
- Choose your plan using *Filter by type of Plan/Network*
- Click *Continue*, then select *Doctors*
- Under *Filter doctors by* select *Specialty*
- For outpatient therapy providers (counseling only) select:
 - ✓ Behavioral Prof Counselors
 - ✓ Marriage/Family Counseling
 - ✓ Psychology
 - ✓ Social Worker Clinical

Note: For full search select all providers

- For medication management (Rx and/or counseling) select:
 - ✓ CNS Psych/Mental Health
 - ✓ Nurse Prac Psych-Mental Health
 - ✓ Child/Adolescent Psychiatry
 - ✓ Psychiatry

Note: For full search select all providers

Be sure to check the box, “Only Doctors Accepting New Patients”

You can also call Member Services.

Emergencies: Call 911

**988 Suicide and Crisis Lifeline:
Call or Text 988**

To learn more scan the QR codes below:



Improving Children's
Behavioral Health
(cdc.gov)



Children's Behavioral
Health (ncsl.org)



Anxiety and Depression
in Children (cdc.gov)