

Help Your Children Live Healthier and Less Stressed

Nearly one in five children has a behavioral health issue each year.¹ In fact, even **before** COVID-19 about 13.2 million kids, between the ages of 3–17, suffered from anxiety, depression or another mental health challenge.²

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

Know that not every child shows outward signs of stress, anxiety or depression. And it's suggested that **all kids get a mental health screening** as part of their regular health care.

Also know that many kids can benefit from the right care to help them build useful life skills, even without a mental health diagnosis.

The United States 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:

- 1 A mental health review as part of your child's yearly checkup can help confirm if your child may have a problem with mental health concerns that merit a closer look.
- 2 A mental health professional can develop a therapy plan that works best for your children and family.
- 3 Tests for depression can be the first step toward treatment and a healthier life.
- 4 Detection of a mental health concern early can slow its progress.
- 5 Once a mental health problem is confirmed helpful treatments can begin.
- 6 A detailed talk with your health provider can help you decide if medication should be part of the treatment.
- 7 Your child's physical health can also improve when you address mental health concerns.

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.gov)



Anxiety and Depression in Children (cdc.gov)

¹[Improving Children's Behavioral Health](#), Centers for Disease Control & Prevention

²[Children's Behavioral Health](#), National Conference of State Legislatures, March 4, 2021