

# Help Your Children Live Healthier and Less Stressed

Nearly one in five children has a behavioral health issue each year.<sup>1</sup> 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.<sup>2</sup>

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)

<sup>1</sup>[Improving Children's Behavioral Health](#), Centers for Disease Control & Prevention  
<sup>2</sup>[Children's Behavioral Health](#), National Conference of State Legislatures, March 4, 2021