

Mental health support for adolescents



Adolescence can be a difficult time, and it often comes with an increased risk of mental and emotional health challenges. Optum[®] Behavioral Health offers support, tools and resources for members to help them navigate mental health care for their dependents.

Mental health during the formative years

Adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. This is an important time for creating social and emotional habits that affect mental well-being, but some youth may struggle. Depression is one of the leading causes of illness and disability among this age group, and suicide is the third-leading cause of death in 15–19-year-olds.¹

Additional concerns include:

- Anxiety
- Developmental or mood disorders
- ADHD
- Eating disorders
- Psychosis
- Substance use disorders

Effects of the pandemic on today's youth

▶ **46%**

of teens have shown signs of a new or worsening mental health condition.²

▶ **31%**

increase in mental health-related ER visits.³

▶ **24%**

of students said they know someone who has had suicidal thoughts.⁴



Deepening challenges for families

The pandemic created a strain on adolescents and their families. Remote learning and canceled extracurricular activities left many teens feeling frustrated, anxious, hopeless and disconnected.

When in-person activities begin again, this can also lead to fear of the unknown and uncertainty around returning to school and social settings as students and families navigate yet another transition.

Parents and caregivers are feeling the added stress as well. Caring for a child's mental health may mean caregivers are sacrificing their own physical and emotional needs. And as more parents return to the workplace, the support they're able to give may be impacted, leading to further concerns for both working parents and children.



▶ **20%**

of family caregivers suffer from depression, **twice the rate of the general population.**⁵



Providing support when it's needed most

Optum Behavioral Health offers a wide variety of solutions designed to support families and their children's mental health needs. Our behavioral health network includes providers who specialize in adolescent care, telehealth options and more.



Available support includes:

Self-help resources, digital tools and member toolkits



Outpatient behavioral health therapy for adolescents



Employee Assistance Program (EAP) with 24/7 support



Caregiver navigation resources such as the Family Support Program



Targeted solutions like Equip for eating disorders and the Substance Use Disorder helpline



Behavioral health virtual visits



Virtual Behavioral Coaching with cognitive behavioral therapy (CBT) techniques and access to live one-on-one coaching sessions

90% of individuals who identify themselves when calling the Substance Use Disorder Helpline utilize in-network treatment.⁶

60,000+ virtual behavioral health providers across all 50 states.⁸

Virtual Behavioral Therapy and Coaching reduced participant depression by 50% and anxiety by 42%.⁷

Learn more

For more information, visit optum.com/behavioralhealth or contact your Optum representative.

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