



# Mental health support for teens and adolescents



Adolescence can be a difficult time, and it may often come with an increased risk of mental and emotional health issues.<sup>1</sup> UnitedHealthcare offers resources that can help support your employees in caring for the well-being of teens and adolescents.

## Building resiliency during the formative years

Adolescence (10–19 years) is an important time for creating social and emotional habits that may affect mental well-being, but some youth may struggle. Depression, anxiety and behavioral disorders are among the leading causes of illness and disability among adolescents. Suicide is the fourth-leading cause of death among 15–29-year-olds.<sup>1</sup>



### Additional concerns might include:

- Anxiety
- Eating disorders
- Mood disorders
- Psychosis
- ADD/ADHD

### A crucial time for support

Half of all mental health conditions start by age

**14<sup>2</sup>**

Many mental health conditions appear before age

**24<sup>3</sup>**

# Deepening challenges for families

Adolescents have been facing greater mental health struggles than ever before. Many teens in recent years have struggled with feelings of frustration, isolation and uncertainty.

Parents/caregivers may have added stress as well. Caring for their children's mental health may mean parents need to sacrifice their own physical and emotional needs. The support they're able to give their children may be impacted by factors such as available time and resources, potentially leading to further concerns for both parents and their children.



# 20%

of family caregivers suffer from depression, twice the rate of the general population<sup>4</sup>

## Providing emotional support when it's needed most

UnitedHealthcare offers a wide variety of resources designed to help families, supporting them with challenges they may face. Our large behavioral health network includes providers who specialize in adolescent care, telehealth options and more.

Many services may be available to your employees and their families. Check your plan details for coverage on these and other possible forms of support.

- Self-help resources, including Self Care from AbleTo
- The Employee Assistance Program (EAP) with 24/7 support
- Outpatient behavioral health therapy
- Behavioral health virtual visits

## Help get the word out

Ask your UnitedHealthcare representative for communication materials you can distribute to your employees to help them understand the different types of support that may be available. Or to access parent and youth mental health resources directly, visit [uhc.com/youthmentalhealth](https://uhc.com/youthmentalhealth).

# United Healthcare

<sup>1</sup> World Health Organization. "Adolescent mental health." [who.int/news-room/fact-sheets/detail/adolescent-mental-health](https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health). Accessed December 2022.

<sup>2</sup> American Psychiatric Association. "Warning Signs of Mental Illness." [psychiatry.org/patients-families/warning-signs-of-mental-illness](https://www.psychiatry.org/patients-families/warning-signs-of-mental-illness). Accessed December 2022.

<sup>3</sup> Blakemore, Sarah-Jayne. Adolescence and mental health. Perspectives. The Art of Medicine. May 18, 2019; Volume 393, Issue 10185. 2030–2031. Available at: [thelancet.com/journals/lancet/article/PIIS0140-6736\(19\)31013-X/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(19)31013-X/fulltext). Accessed June 2021.

<sup>4</sup> Family Caregiver Alliance. "Caregiver Depression: A Silent Health Crisis." [caregiver.org/resource/caregiver-depression-silent-health-crisis/](https://www.caregiver.org/resource/caregiver-depression-silent-health-crisis/). Accessed June 2021.

Self Care by AbleTo should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained within Self Care is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used on its own as a substitute for care from a provider. Self Care is available to members ages 13+ at no additional cost as part of your benefit plan. Self Care may not be available for all groups in District of Columbia, Maryland, New York, Pennsylvania, Virginia or West Virginia and is subject to change. Refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card. Participation in the program is voluntary and subject to the Self Care terms of use.

The material provided through the Employee Assistance Program (EAP) is for informational purposes only. EAP staff cannot diagnose problems or suggest treatment. EAP is not a substitute for your doctor's care. Employees are encouraged to discuss with their doctor how the information provided may be right for them. Your health information is kept confidential in accordance with the law. EAP is not an insurance program and may be discontinued at any time. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against UnitedHealthcare or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. Health Plan coverage provided by or through a UnitedHealthcare company.