

# We Have the Power

A Guide for Children, Youth, and Families on Mental Health



Whether your child is in first grade or high school, it's important to teach them to value their mental health. Below are tools your family can use to build a healthy and happy lifestyle.

## WE ARE HERE TO HELP

If you have questions about behavioral health services or need help finding a behavioral health professional, please call Carelon at **888-447-2526** (TTY: 711).

A representative can help 24 hours a day, 7 days a week. If your child is in crisis, call **800-273-TALK** (**800-273-8255**), go to your local Emergency Room, or call **911**.

Stop by any of our Neighborhood Care locations for community support.

Visit [emblemhealth.com/neighborhood](https://emblemhealth.com/neighborhood).

## Identify

- Have you noticed your child starting to have difficulties at home, school, or with friends? Does their behavior seem different than others in their peer group?
- If you have noticed changes, it's time to have a talk with them.
- The Youth Test at [mentalhealthamerica.net/screening](https://mentalhealthamerica.net/screening) is a simple way to help your child determine if their behaviors are possible symptoms of a mental health issue.\*

## Learn

- Your child is not alone. 1 in 5 children ages 13 to 18 have, or will have, a serious mental illness.<sup>1</sup>
- What kind of symptoms is your child experiencing? Know the signs. Visit [emblemhealth.com/bh](https://emblemhealth.com/bh) to learn more.

## Act

- Talk to your child's doctor. If you need to find one, use the "Find a Doctor" tool at [emblemhealth.com/findadoctor](https://emblemhealth.com/findadoctor).
- Take small steps, such as teaching your child to eat healthy, and add balance to their life. Learn more at [mentalhealthamerica.net/care-your-health](https://mentalhealthamerica.net/care-your-health).

## Support

- There's strength in numbers. Find help through the local school system.
- Look toward the future. Help your child meet their goals and focus on their strengths. Find out more at [mentalhealthamerica.net/taking-care-yourself](https://mentalhealthamerica.net/taking-care-yourself).

**\*Please Note:** Screening results do not mean your child has a behavioral health condition.

Please share your child's results with a behavioral health professional and talk about your child's needs.

<sup>1</sup>National Alliance on Mental Illness (NAMI) [nami.org](https://nami.org)

HIP Health Plan of Greater New York (HIP) is a HMO plan and Group Health Incorporated (GHI) is a PPO plan with a Medicare contract. Enrollment in HIP and GHI depends on contract renewal. HIP Health Plan of Greater New York and GHI are EmblemHealth companies.