



Mental health support for children and teens

If your child or adolescent is struggling with depression, anxiety or other mental health issues, you're not alone.

The Centers for Disease Control and Prevention (CDC) reports:¹

- Approximately 4.4 million children between the ages of 3 and 17 have been diagnosed with anxiety and 1.9 million with depression.
- Attention deficit hyperactivity disorder, depression and anxiety are the most common mental health diagnoses in children and teens.

¹[Anxiety and depression in children: Get the facts](#). Centers for Disease Control and Prevention. Accessed February 2022.

Reach out for support with one call

When you call Resources For Living, we can connect you with professionals in your area. Your child can meet with a counselor face-to-face or by televideo, with you or individually.

If you and your family can use support in the moment, one of our counselors will work with you over the phone, right then and there. There's no limit to the number of times you and your family can call.

Here are the ways you can use your family therapy sessions:

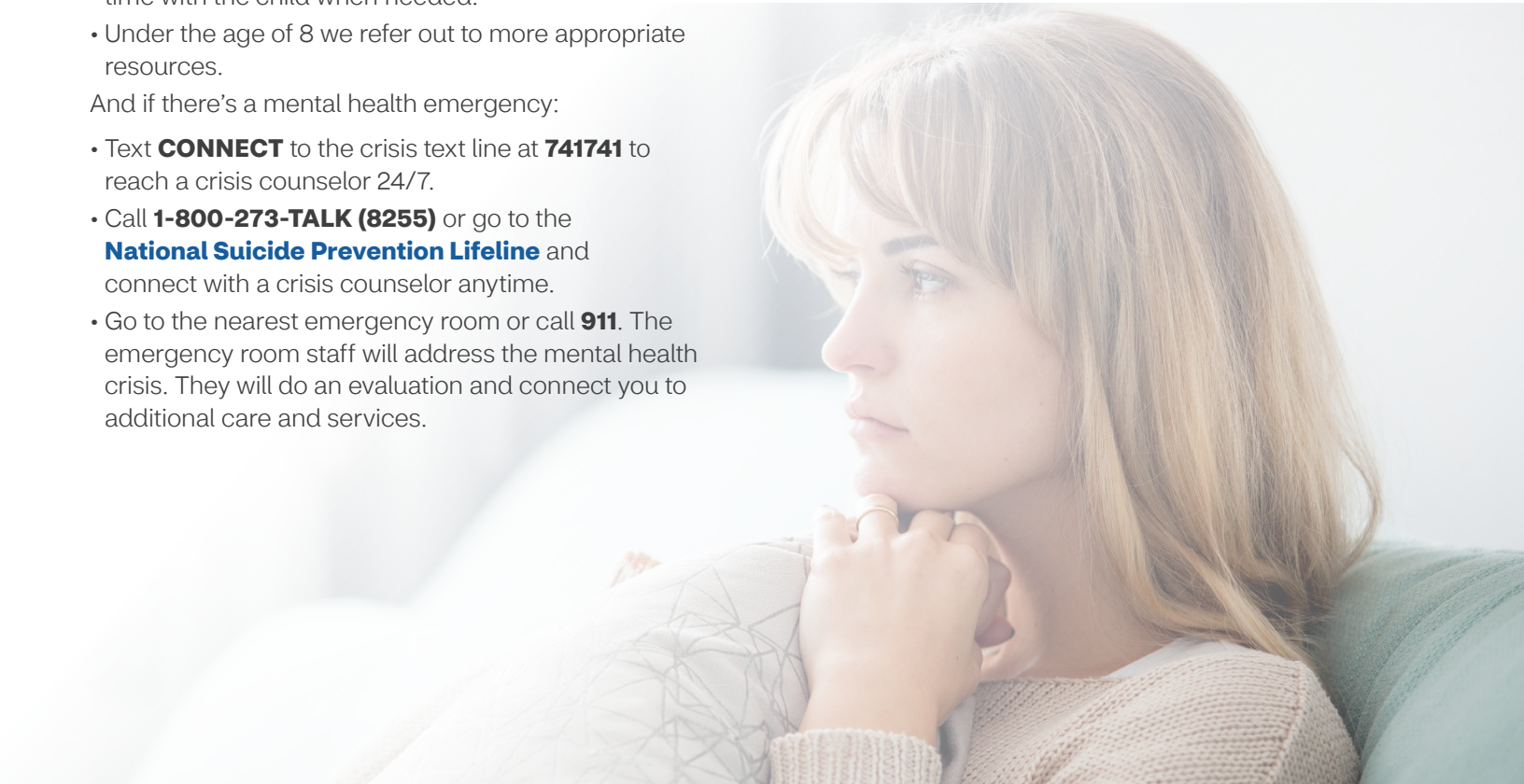
- Minors between the age of 14 to 18 can be provided individual counseling sessions if approved by a parent or guardian.
- Minors between the age of 8 to 14 can be provided family counseling sessions which would include the parent(s) or guardian(s) along with some possible 1:1 time with the child when needed.
- Under the age of 8 we refer out to more appropriate resources.

And if there's a mental health emergency:

- Text **CONNECT** to the crisis text line at **741741** to reach a crisis counselor 24/7.
- Call **1-800-273-TALK (8255)** or go to the **National Suicide Prevention Lifeline** and connect with a crisis counselor anytime.
- Go to the nearest emergency room or call **911**. The emergency room staff will address the mental health crisis. They will do an evaluation and connect you to additional care and services.

Knowing how to help your children can feel overwhelming sometimes. We're in this together. Call us 24/7/365. It's free and confidential.

For additional information and support, access the [suicide prevention guidebook for parents](#).



The EAP is administered by Resources For Living, LLC.

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