



# Youth Support Resources

Employee Assistance Program (EAP) services are available to any employee and household member, including children. Typically, children under the age of 10 require counseling services from a specialized provider with expertise in working with children, such as play therapist. Since it takes longer to establish a working relationship with children, providers completing sessions directly with a child will likely need to be covered by a health insurance plan.

Here is how EAP services can be utilized for children by age group:

## Ages 0 – 10: Parent Intervention

- Parental consultation on child development, parenting skills and tools, socialization, and other issues
- Initial appointment scheduling with parents to evaluate how best to proceed with counseling services
- Parental support and guidance through short-term counseling services
- Connecting parents to appropriate mental health and family resources through health insurance\*

## Ages 11 – 13: Initial Assessment with Parents and Care Planning

- Initial appointment scheduling with parents for evaluation
- Short-term counseling, if determined appropriate by a counselor, or other appropriate recommendations for parents
- Helping parents and children identify coping skills and other techniques to assist with presenting issue
- Assisting children with loss, transitions, worries, anger, sadness, fear, or behavioral issues if appropriate
- Connecting parents to appropriate mental health and family resources\*
- Parenting support and education through EAP services



### Program Cost

This benefit is provided at NO COST\* to you and is paid for by your employer.



### Confidentiality

BHS follows all federal and state privacy laws. When you speak with us, you can trust that your conversations and information will be kept completely confidential.



### Access to Services

Individuals under the age of 18 are invited to call our toll-free service line to request services in lieu of online requests due to age of consent laws that vary by state. A Care Coordinator will assist the individual with appropriate next steps based on age and applicable statutes.

\* If a referral for long-term treatment is required, costs may be incurred. These are often covered by your health insurance plan.

## Ages 14 – 18: Short-Term Counseling and Parental Support

- Short-term counseling services
- Supporting teenagers with stress and other emotions and finding a positive solution to the challenges they are currently experiencing
- Assistance with tools related to school and life success
- Connecting parents to appropriate mental health and family resources\*
- Parenting support and education through EAP services

## Ages 18 – 26: Short-Term Counseling and Parental Support

- Short-term counseling for young adults still living with their parents or consider the home the primary residence
- Assisting young adults to move through daily living challenges and critical events in their lives
- Supporting young adults with the transition to college, moving out, change management and other essential life milestones
- Connecting young adults and parents to appropriate mental health and family resources\*
- Parenting support and education through EAP services



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For more information about youth support resources,  
call **800-327-2251**.

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