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.

• 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 is a simple way to help your child determine if their behaviors are possible symptoms of a mental health issue.*
• Your child is not alone. 1 in 5 children ages 13 to 18 have, or will have, a serious mental illness.¹
• What kind of symptoms is your child experiencing? Know the signs. Visit emblemhealth.com/bh to learn more.

We Are Here to Help.

If you have questions about behavioral health services or need help finding a behavioral health professional, please call Beacon Health Options 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.

Montefiore Members Only:
Call the University Behavioral Associates Referral Line at 800-401-4822 (TTY:711). Hours are 9 am to 5 pm, Monday to Friday.

Stop by any of our Neighborhood Care locations for community support. Visit emblemhealth.com/neighborhood.

*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.

¹National Alliance on Mental Illness (NAMI) 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.