

Healthy at home: **Supporting your child's mental health**

Recognizing that your child needs more mental health support than you can provide can be overwhelming. But finding the right treatment for them to feel their best is one of the most loving things you can do as a parent.



Mental health resources at your fingertips

From self-serve screenings, to educational resources and crisis management — putting your family's mental health first is easy with myWellmark.com. Visit [wellmark.com/member/mental-health](https://www.wellmark.com/member/mental-health) to learn more.

To help you and your child be healthy at home, school and elsewhere, use the following tips and State of Iowa resources to connect with the mental health care they need.

1. Start with their pediatrician

Pediatricians or family doctors are skilled at screening for common mental health concerns. They can also make referrals, write prescriptions, coordinate your child's care team and monitor their progress throughout treatment.

2. Consider play therapy

Play therapists use toys, games, art projects and more to help younger children relax and express what's on their mind. They can reframe your child's thinking and teach you and your child coping skills to practice at home.





“What if I can’t find an available therapist?”

The following three steps can help point you in the right direction.

Research:

Start your search with the following tools:

- [The Wellmark Care Finder](#): Identify in-network providers
- [The Psychology Today® Therapist finder](#): Search by insurance accepted, therapy type, etc.
- [SAMHSA Behavioral Health Treatment Services Locator](#): Find mental health services, addiction support and more

Call, and call again:

Ring every provider available. Take notes. Ask to be put on waiting lists. Check in regularly to ask about cancellations.

Use your network:

Ask your contacts for suggestions and referrals. Reach out to your doctor, school counselor, clergy person and to the [State of Iowa Employee assistance program \(EAP\)](#).



3. Try talk therapy

Psychologists, counselors, licensed independent social workers (LISW), licensed clinical social workers (LCSW) and advanced psychiatric nurses can all provide talk therapy support for older kids. In these sessions, your child will have conversations with a trusted provider who can help them overcome negative thoughts, rethink personal challenges, improve relationships and feel better.

4. If medication is recommended, you have several options

Your child’s pediatrician or therapist may prescribe medication to help treat the symptoms of depression, anxiety and other mental health concerns. He or she may also refer you to another medical professional, if needed, to pinpoint the right medication and dosage that fits your child best.

Wherever you and your children are in your mental well-being journeys, the State of Iowa has tools, resources and benefits to support you and your family. Don’t hesitate to reach out — you’ve got lots of people ready to help.

Overcoming mental health challenges, together

It can be hard to know where to look for mental health resources for you and your family. That’s why the State of Iowa Department of Administrative Services (DAS) and Wellmark® Blue Cross® and Blue Shield® have partnered to bring you the **Healthy at Home** guide. Within its pages, you’ll find straightforward advice to support the young people in your life, important benefits information and resources you and your family need to thrive.

