



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



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.*



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

portal.BHSONline.com | ID: **MORGANSTATE**

