

Protect Your Child's Physical and Mental Well Being

HEALTH NET HAS RESOURCES TO HELP YOU AND YOUR CHILD THROUGH MENTAL HEALTH CONCERNS

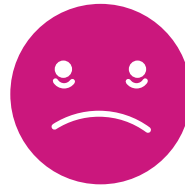
Your child's mental health is just as important as their physical health. Anxiety, depression or stress can happen to anyone. Reach out to your child's doctor for guidance. And, talk to your child to decide if they need help.

Look for these clues:

Irritability and Moodiness



Trouble Sleeping, Tiredness and Low Energy



Worry That Won't Go Away



Changes in Appetite and/or Weight



Trouble Concentrating



Frequent Stomachaches and Headaches



Loss of Interest in Favorite Activities



Call the number on the back of your ID Card to find a mental health specialist for your child or for you. You can also call to simply ask questions.

And, if you or someone you know needs help now, call the National Suicide Prevention Lifeline at **800-273-TALK (8255)** or call **911**.

[Learn more about our services.](#)

[Health Net's Nondiscrimination Notice](#)