

Help 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. It’s important to talk to your child about how they are feeling. And if needed, reach out to their doctor for guidance.

Look for these clues:

Irritability and Moodiness



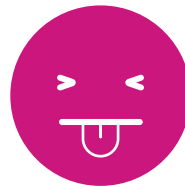
Trouble Sleeping, Tiredness and Low Energy



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 800-663-9355 (TTY:711) to find a mental health specialist for your child or for you. You can also call to simply ask questions.

[Learn more about our services.](#)



If you or a family member is in a mental health crisis situation or feeling suicidal, call 988 or go to the nearest ER. The 988 crisis line has 24/7 access to trained counselors to help members experiencing mental health-related distress or thoughts of suicide. If you or a family member is in need of immediate medical assistance, call 911 or go the nearest ER.

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