

Momentum



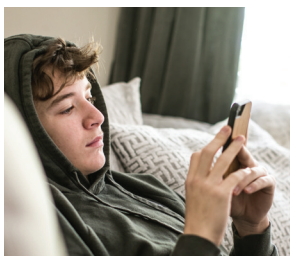
Join the live webinar, *Teenager and Young Adult Mental Health Awareness*, on Wednesday, February 14, 2024 at 1:00 p.m. CT to learn about the mental health challenges facing teens and young adults today. Scan the QR code to [register now](#).

Common mental health issues in youth

Recent events like the pandemic, violence at school and social media toxicity have not been kind to young people. Youth are reporting a higher incidence of mental health problems than ever before. Poor mental health can impact school and grades, decision-making, relationships and overall health and safety.

Like physical health, mental health conditions are real, common and treatable. Parents' and caregivers' awareness of them is crucial to reducing stigma, encouraging open conversations and finding care.

- ADHD, anxiety, behavior problems and depression are commonly diagnosed mental health disorders in youth.
- Warning signs to look for: sadness, hopelessness, irritability, anxiety, excessive anger, avoiding people, difficulty concentrating, severe mood swings and prolonged negative mood and attitude.
- Treatment approaches include behavior therapy and cognitive behavioral therapy.
- If you are concerned about your child's wellbeing, contact your program or doctor for guidance.



Virtual Therapy: Teen counseling*

Does it sometimes seem like your teen could use some non-judgmental support? Check out Teen Counseling through BetterHelp virtual therapy. Licensed, trained and experienced therapists are available to help teens cope with various life challenges through text message, phone, chat or video conference. Visit your member website to learn more.

**Eligibility based on your specific program benefits*

Contact your Employee Assistance Program at 1-800-450-1327 (TTY 711) or go online to Member.MagellanHealthcare.com (enter Principal Core) for confidential, no cost help available 24/7/365 for you and your household members.

Mind Your Mental Health

Stress in children and teens

Amidst their busy lives, adults sometimes may miss signs that their child is severely stressed. What resembles physical discomfort could be a stress reaction that a child doesn't have the emotional vocabulary to express.

- Children and teens are every bit as susceptible to excessive stress as adults.
- Behavioral symptoms can include irritability or moodiness, withdrawing from activities, clinging to a parent or teacher or displaying newly aggressive or stubborn behavior.
- If you notice your child struggling, do simple things together. Take a walk, make a craft, play catch and eat dinner together. Shared low-pressure activities can lead a child to share their worries.
- If a teen's after-school activities are causing too much chaos and homework stress, consider eliminating an activity.
- Set a good example by letting your child see how you manage stress. Show them how to step back, breathe deeply and slow down.

Visit MagellanHealthcare.com/about/bh-resources/mymh or call your program for confidential mental health resources.

Working on Wellbeing

Social wellbeing

- The middle and high school years can be challenging for youth and parents alike. Teen angst, social drama and pulling away from parents are tough to manage.
- You can support teenagers by recognizing their feelings without trying to relieve their pain, showing them ways to remain calm in a tussle and helping them practice speaking up for themselves.

Money Matters

February 2024 financial webinars

Retirement: Getting Started

February 13th. Register here: [11 a.m. CT](#) | [2 p.m. CT](#)

When mid-to-late career, a critical step towards a solid retirement plan is creating and establishing savings goals. Knowing there are many competing needs for the dollars you save, we'll review goal-setting strategies that can help you stay on track. Learn about estimating how much you may need to save by the time you retire, calculating the amount to invest each month, and retirement options.

Smart Tax Moves: Understanding Tax Returns

February 29th. Register here: [11 a.m. CT](#) | [2 p.m. CT](#)

This event is designed to help you better understand and feel more confident about the tax filing process. Learn about the basics of tax returns, such as determining your filing status and calculating your taxable income, and more advanced topics like tax deductions and credits. We'll also explore the different types of tax returns, including federal and state returns, and how to file each one.

Sources: Centers for Disease Control and Prevention, Mental Health America, Dept. of Health and Human Services - Office of Population Affairs, My Secure Advantage.

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