

THE NALC HEALTH BENEFIT PLAN NOW OFFERS

# Youth mental health support for your family



Bend Health, a virtual mental health provider for kids, teens and families, offers immediate coaching support for:

- ADHD
- Anger issues
- Depression
- Executive functioning concerns
- LGBTQIA+ Affirmation and support
- OCD
- Parenting Skills
- Sleep issues
- Social media and technology addiction
- Stress management
- Substance use (if mild and no detox is needed)
- Trauma (if already being treated by a therapist)
- Worries and anxiety

For kids, teens, and young adults (ages 1-25), Bend Coaches take a family approach to care, involving parents and caregivers. Kids see improvements in as few as two sessions.<sup>1</sup>

AND THE BEST PART?...

**Bend Coaching is available to you at no additional cost!<sup>2</sup>**

Scan to learn more:



or visit [bendhealth.com/NALCHBP](https://bendhealth.com/NALCHBP)

1. Lawrence-Sidebottom D, et al. JMIR Form Res 2023;7:e52804  
2. \$0 Bend Coaching is available for eligible subscribers and dependents (ages 1-25) enrolled on NALC Health Benefit plan.





**Optum**

9450 SW Gemini Drive #58509  
Beaverton, OR 97008-7105

**TIME SENSITIVE:**  
Important Benefits Information

Important Benefits Information from the **NALC Health Benefit Plan** for your family.

**Open to claim.**

