



Mental Health Support for Teens and their Caregivers



How can Cariloop help?

Cariloop's Care Coaches support caregivers through mental health situations in many ways, including:

- Provide information about different mental health conditions, treatment options, and the importance of mental health care
- Assist in identifying appropriate mental health professionals, such as therapists, psychiatrists, and counselors, tailored to the young adult's specific needs
- Guide through the process of making appointments, understanding health insurance benefits, and accessing available mental health services
- Offer emotional support and encouragement throughout the process of seeking and receiving care
- Provide support to help empower caregivers to advocate on behalf of their teen in interactions with healthcare providers, schools, and insurance companies
- Research and identify peer support groups and community resources that can offer additional layers of support
- Locate support groups for specific issues like substance use, eating disorders, or LGBTQ+ support
- Identify workshops and seminars about wellness, stress management, and healthy lifestyle choices, emphasizing their role in maintaining mental health
- Locate mentorship programs to connect the teen or caregivers with mentors who have navigated similar challenges, offering a structured place for sharing experiences, guidance, and support
- Assist in finding and vetting in-home care options, including in-home therapy, family counseling, and respite care providers to provide support in a familiar environment
- Offer guidance on how to handle crises or acute mental health episodes, including providing information on emergency resources like hotlines and emergency room procedures
- Provide education and resources for creating a personalized crisis prevention plan, detailing early warning signs, effective coping strategies, and clear steps to take in potential escalating situations
- Connect with legal resources and advocacy organizations that specialize in mental health rights, ensuring they are informed and empowered to navigate related challenges

Create an account with Cariloop to take advantage of your employer-provided caregiver support benefits.