

Doctor On Demand offers expert support for children's mental health needs.

Youth mental health is a growing concern for parents across the country. Recognize when your kids may be struggling, know where to go for resources and get specialized mental health care for both you and your child. With Doctor On Demand, you have access to support for the whole family, seven days a week.

What you can do to help your kids:

- **Keep the lines of communication open.** Create an environment where your child feels safe to talk about their feelings without judgment.
- **Educate yourself:** Learn about common mental health issues, including anxiety, depression, and ADHD.
- **Advocate for your child:** Supporting your child's mental health is an ongoing process. Advocate for them at school, in social settings, and more.
- **Teach coping skills:** Help your kid develop coping strategies for managing stress and emotions.
- **Create a routine:** Establish regular routines for meals, sleep, and other daily activities.
- **Limit screen time; encourage positive activities:** Monitor and limit your kid's use of social media and screen time. Instead, encourage them to participate in hobbies and creative pursuits.
- **Get care for your own mental health:** Caring for yourself is essential to ensuring you can care for your children. **If you need support, you can see a therapist or psychiatrist online with Doctor On Demand.**

How we can help:



Connect your child with a therapist or psychiatrist online, night or day, seven days a week.



We help you and your child create a treatment plan that fits your family's needs and situation.



Teenagers can use the app themselves to schedule and attend appointments, giving them a place where they feel safe.



With access to both therapy and psychiatry, children and adolescents can receive care in a single place, allowing for greater coordination and better all-around care.

Please note: Doctor On Demand by Included Health psychiatric availability varies by state.



Download the app





Stay educated, stay informed, stay on top of your children's mental health.

Knowing what to look out for, normalizing the need for care, and knowing your options is a great start to better supporting your child's or teen's mental health.

How common is it for children to have issues with anxiety?

Nearly 1 in 4 children have experienced an anxiety disorder.¹

How common is it for teenagers to deal with depression?

Around 17% of children between the ages of 12 and 17 experienced at least one major depressive episode in the past year.¹

How common is suicide or self-harming behavior in children, teens, and young adults?

Suicide is the second leading cause of death among 10- to 24-year-olds in the U.S., while about 17% of high school students reported engaging in self-harming behaviors.²

What are the top mental health concerns among children and teens?

- Anxiety disorders
- Depression
- Attention-deficit/hyperactivity disorder (ADHD)
- Behavioral disorders
- Eating disorders
- Trauma and stress-related disorders

What signs or symptoms should you be on the lookout for?

- Changes in mood or behavior
- Withdrawal from friends and activities
- Decline in academic performance
- Difficulty concentrating or making decisions
- Changes in eating or sleeping patterns
- Physical complaints without a clear medical cause

When it comes to treatment, what are the options?

- **Therapy**
Cognitive-behavioral therapy (CBT), family therapy, and other therapeutic approaches
- **Medication**
When appropriate, medications may be prescribed to help manage symptoms.
- **Lifestyle changes**
Promoting healthy eating, regular physical activity, and adequate sleep
- **School support**
Implementing accommodations and support services within the educational system

1. National Institute of Mental Health

2. Centers for Disease Control and Prevention



Download the app