

Pediatric emotional support with Maven

“I’m so thankful to have the emotional support from Maven and to know that there is someone to call when issues or questions arise.”

MAVEN MEMBER

It’s not a secret—the past few years have put an acute strain on our children’s mental health. The pandemic has disrupted in-person learning, child care programs, and informal support structures. The American Academy of Pediatrics, the American Academy of Child and Adolescent Psychiatry and the Children’s Hospital Association have declared a [National State of Emergency in Children’s Mental Health](#). Approximately, [87% of Americans](#) are concerned about the mental health status of youth in this country.

As a parent, it is hard enough managing our own mental health in addition to being responsible for another person’s mental well-being.

REMEMBER, MAVEN IS A FREE BENEFIT OFFERED TO YOU AND YOUR PARTNER IN THE PALM OF YOUR HAND. ENROLL TODAY:
MAVENCLINIC.COM/JOIN/MENTALWELLNESS



Here are some of the ways Maven can help:

- 01 On-demand virtual appointments with 30+ types of providers such as developmental and child psychologists, pediatric and adult mental health providers, family therapists, pediatricians, pediatric sleep coaches, and more
- 02 A dedicated Care Advocate who can help you find an in-person, in-network mental health provider, navigate your benefits, and help you understand your health bills
- 03 Access to tailored content and guides on topics like separation anxiety, spotting the signs of depression, helping your kids cope with worries, and more
- 04 Provider-led classes such as helping your child with emotion regulation
- 05 A caring community of other parents going through similar experiences

The information contained on this document is for informational and educational purposes only. This material is not a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read on this document.