



Caring emotional support for your family

Sometimes, being a parent can feel joyful. Other times, it can feel like a constant struggle. Maybe getting your kids to talk feels impossible. Perhaps you're worried about their behavior. Or maybe you know they need help, but you're not sure where to look. Child and Family Behavioral Health Coaching from Bend Health can help.

Available at no additional cost to families with children ages 1–17, it offers:

- **Support from an experienced coach** – Coaches are certified or have a master's degree, and they're supervised by licensed practitioners
- **Online coaching sessions** – Get up to four 45-minute confidential sessions per month at no additional cost to you
- **Unlimited messaging** – Talk with your coach between sessions with secure in-app messaging
- **More resources** – Look at educational content anytime, designed to help you better understand what you talk about with your coach
- **Referrals** – If your family needs more support, your coach can offer referrals to therapists and child/adolescent psychiatrists

Coaches can help with what your family needs

Common topics include:

- Anger issues
- Anxiety
- Attention-deficit/hyperactivity disorder (ADHD)
- Bullying
- Depression
- Substance use
- Trauma
- Obsessive-compulsive disorder (OCD)
- Self-esteem
- Sleep issues
- Social media or technology addiction
- Stress
- Trauma
- Other concerns



You, supported

Connect with a coach at
bendhealth.com/coaching.



Register in under 10 minutes

- 1 Complete a short medical history
- 2 Help your child answer a few questions about their thoughts, feelings and behaviors

You'll have an appointment
in less than 48 hours.