



When you're not sure where to start

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 Coaching from Bend Health can help.

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

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

You, supported

Get support for the whole family.

Connect with a coach at bendhealth.com/coaching

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Click “Get Started” to create your account.

Coaches can help with what your family needs

Common topics include:

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



**Registration takes
10 minutes or less**

- 1.** Complete a short medical history.
- 2.** Then help your child answer a few questions. They’ll talk about thoughts, feelings and behaviors.

You won’t have to wait more than 48 hours for an appointment.



This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor’s or professional’s care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.