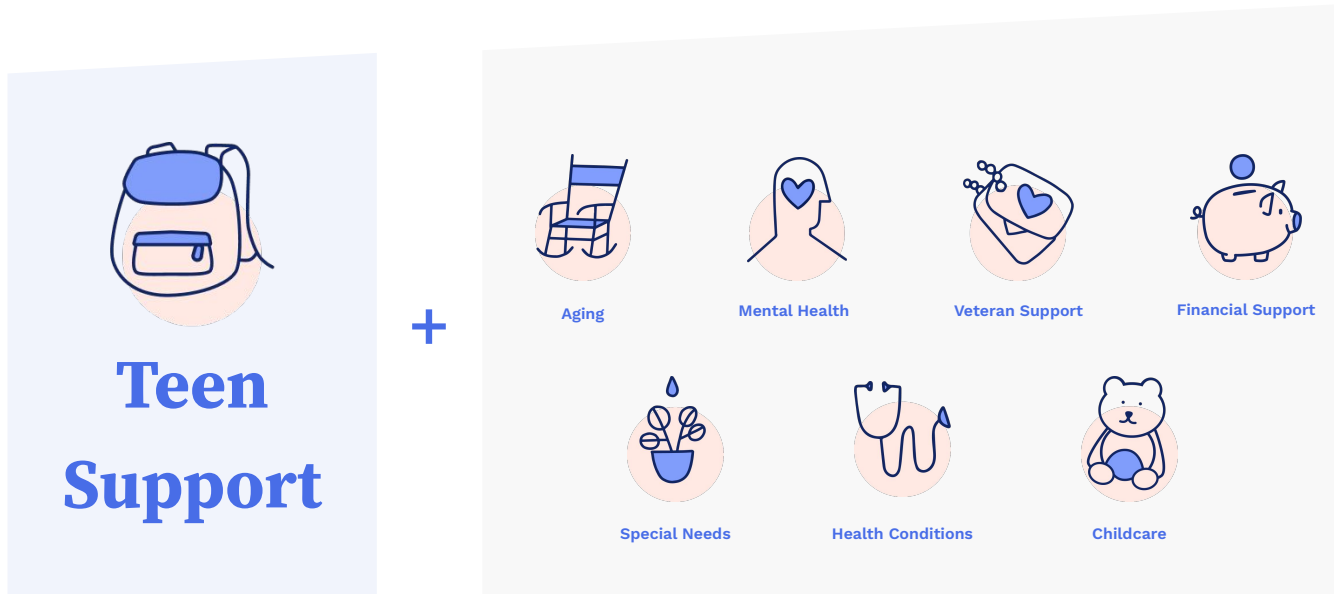


Teen Support Overview

A new addition to the Wellthy family, Teen Support



Teen Support is essential to our commitment to providing comprehensive support through all major life events

Teen Support is all about empowering Wellthy members with the knowledge, strategies, and expert support they need to navigate the unique challenges of raising a teen.

From academic planning, mental health, sexual education to stress management and social connections - we've got it covered.

The need for Teen Support is clear

1 in 3

Are caring for at least one child under the age of 18

77%

of parents say teens today have to deal with a completely different set of issues than they did in the past.

40%

of parents say they are extremely or very worried that their teen might struggle with anxiety or depression.

30%

Teens reported feeling depressed or sad as a result of stress²

36%

aged 12-17 in the U.S. have been cyberbullied at some point

19%

Adolescents aged 12-17 reported using illicit drugs in the past year

What is the problem that Teen Support is addressing?

Today's teens are struggling with a wide range of issues that parents and guardians are often ill equipped to address, including:

Common Issues:

- Academics
- Mental Health
- Sexual Health Education
- Gender Identity
- Bullying
- Social Media
- School Transitions
- Substance Use
- & More

What is the solution?



Teen Support



Personalized and Self-Served

Teen Support comprises two main components - our personalized, 1:1 solution, Care Concierge, and self-serve educational resources.



Available

Teen Support, bundled within our Care Concierge pricing package, is available exclusively to our clients who have activated the Childcare offering.



Accessible

Teen Support educational information and resources can be easily accessed 24/7 within the Wellthy platform



Structured

A clear, and organized collection of care topics on how members can best support their teens.



Professional

Wellthy's insights and experts have designed Teen Support to include the most important and relevant care need topics related to supporting teens.

How Wellthy helps

Finding Substance Use Support Services for a Teen

- Identify and vet providers, treatment facilities, etc.
- Find support groups for teens and/or parents
- Help parents navigate conversation about substance use

Evaluating Post-High School Education Options

- College prep coaches
- Mentoring and volunteer programs
- Alternative to traditional college (eg. Community college, trade/vocational programs, military, gap year, internship, etc.)

Exploring Health and Wellness Education Resources

- Identify resources to promote health and wellness education (eg. eating disorders, stress management, sexual health, etc.)
- Locate driving education resources for teens

Finding Life Coaching Resources

- Connect families with life skills coaches/teachers (eg. academic success, anxiety reduction, self exploration, financial literacy resources, etc.)

Finding LGBTQ+ Support Services for a Teen

- Identify and vet LGBTQ+ providers, therapists, advocates, etc.
- Support in gender identity-related needs
- Find support groups for teens and/or parents

Finding a Mental Health Service for a Teen

- Evaluate types of mental health providers
- Identify and vet therapists, psychologists, psychiatrists, PT/OT/ST, crisis support, treatment facilities, etc.
- Locate resources for suicide prevention and loss of loved one due to suicide

Finding Academic and Tutoring Support for Teens

- Private tutors and tutoring agencies
- SAT & ACT test prep coaches
- Academic mentorship programs

Evaluating Options for Special Need Education

- Specialized schools and programs
- Mentoring and volunteer programs
- Accessibility programs for teens

Questions?