

Preventive Care at 12-17 Years of Age

Your Child's Visit

Teens can opt to speak with their provider one-on-one. This lets them privately ask their questions. This helps your teen become more invested in their health. It helps them understand the need to take responsibility for their well-being. Even better, it's setting the stage for them to become an adult and learn to manage their health.

Anxiety and Depression Screening

Ask your teen's primary care provider about mental health screenings. Anxiety and depression can be serious. It can affect your teen's thoughts, mood, and daily activities. The good news is that there is help available.

Depression symptoms may include:

- Sad, hopeless, or irritable most of the time.
- Loss of interest in activities they enjoy.
- Aches and pains with no clear reason.
- Trouble paying attention and remembering.

Anxiety symptoms may include:

- Feeling tense or restless all the time.
- Excessive worrying.
- Sleep problems and change in eating habits.

Denti-Cal



Regular visits are key to keeping your teen's teeth healthy and strong. Denti-Cal can help your teen get the dental care they need. It covers check-ups, cleanings, and treatments. Go to smilecalifornia.org, use the QR code, or call 1-800-322-6384 for dentists or more information.

Behavioral Health Virtual Services



Online behavioral (mental) health apps are available to you. These apps are at no cost. **BrightLife Kids** is made for caregivers and kids from 0 to age 12. **Soluna** is made for teens and young adults ages 13 to 25. You can find it online at helloworldbrightline.com or solunaapp.com. You can also get it in the Apple App Store or Google Play.

Advice Nurse

For questions about a preventive test, call our Advice Nurse at **1-877-661-6230, Option 1 (TTY 711)**. This is a toll-free number available 24 hours a day, 7 days a week, including holidays.

Tips for Healthy Talks with Your Teen

The teen years are a time of fast changes, exploring, and taking risks. Help your teen make healthy decisions. Talk to them about avoiding risky behaviors. Set clear expectations and check in often. Respond to unhealthy or unsafe behaviors.

Safe Behaviors and Healthy Relationships

Listen and talk with your teen about alcohol, tobacco, other drugs, and dating. Here are some tips for having open-minded talks with your teen.

- Keep talks short, informal, and often.
- Stand by your position and make it clear.
- Know and stick to the facts.
- Use information that is easy to understand for their age.
- Ask about any changes in activities or behaviors that you may notice.
- Create a safe space for healthy communication.
- Support skills in understanding feelings, like empathy and respect.

Technology and Media Safety

Talking with your teen about technology (tech) and social media use can be hard. Here are some tips to help guard your teen's well-being.



Set limits around the use of tech. You can work on creating a family media plan together.



Check in to see how things are going with social media use. Ask about unwanted contact or content.







Share ideas to help get better sleep if tech use may be interfering.



Reflect on feelings about times when using or not using tech.

Behavioral and Mental Health Services

Get care now for mental health or substance use. We can help 24 hours/day with your teen's needs. This includes crisis support and other behavioral health services. It is free and confidential. In an emergency, call 911 or go to the nearest emergency room.

-  Contra Costa Health ACCESS Line: 1-888-678-7277
-  Contra Costa County's A3 Crisis Response: 1-844-844-5544
-  Contra Costa Crisis Center: Dial 211 or Text 'HOPE' to 20121
-  Suicide & Crisis Lifeline: Dial 988 or visit [988lifeline.org](https://www.988lifeline.org)