

Wellthy's *Teen Support*

We understand that caring for a teen in today's world can be complex, so we're offering an unparalleled solution that blends personalized care concierge services with a wealth of self-serve, educational resources.

Teen Support is all about empowering you with the knowledge, strategies, and expert support you 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.

Wellthy can help with:



Mental health service for a teen

- ✓ Identify and vet therapists, psychologists, psychiatrists, crisis support, treatment facilities, etc.
- ✓ Offer resources for suicide prevention and loss of loved one to suicide



Health and Wellness education

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



Academic tutoring and support

- ✓ Source and vet private tutors and tutoring agencies
- ✓ Find SAT & ACT prep coaches and classes
- ✓ Evaluate academic mentorship programs



Substance use support services

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



Post high school education

- ✓ Evaluate college prep coaches, mentoring, and volunteer programs
- ✓ Explore and evaluate alternatives to traditional college (eg. Community college, trade/vocational programs, military, gap year etc.)



LGBTQ+ support services

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



Life coaching resources

- ✓ Locate coaching resources to help teens navigate academic, social, and life transitions
- ✓ Research mentorship programs that support teen independence and growth



Options for special needs education

- ✓ Research specialized schools and programs
- ✓ Locate mentoring and volunteer programs
- ✓ Find accessibility programs for teens