



Family mental health care—without the wait.

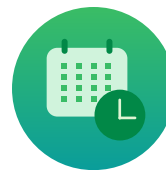
For kids, teens, and young adults up to age 25, Bend Health takes a whole-person, whole-family™ approach to mental health.



Bend Health can help with:

Bend Health has specific care plans designed for general concerns and specific conditions.

- Parenting concerns
- LGBTQIA+ supportive care
- Sibling rivalry
- Stress
- Sleep issues
- Social media and technology addiction
- Anger issues
- Worries and anxiety
- Depression
- Trauma
- Executive functioning concerns
- ADHD
- OCD
- Substance use (if mild-moderate and no detox is needed)



APPOINTMENTS AVAILABLE IN DAYS

(Compared to typical wait times of 6-12 months.)



ONLINE AND LICENSED IN EVERY STATE

Insurance accepted!



Get support for your family at bendhealth.com/covered

01

Assess symptoms

Comprehensive, clinically validated.

02

Tell us about your situation

Share what's going on and how we can help.

03

Meet your team

Get a personalized care plan and your first appointment in days.

Bend Health offers 4 types of care.

Practitioners work as collaborative teams designed around the unique needs of each kid, teen and their family. All teams are clinician-supervised.

COACHING

- Comprehensive evaluation and treatment plan within days
- One-on-one live video sessions with coach and unlimited messaging with care team between sessions
- Collaboration with primary care physician (medical behavioral integration)
- Parent skills training plus kid and teen cognitive and behavioral techniques clinically proven to help
- Access to learning resources to help build skills and learn to overcome challenges
- Utilizing measurement-based care with objective assessments, progress reports, and real-time video updates with care team
- Dedicated behavioral care manager

COACHING + THERAPY

Everything offered in our Coaching Care Program, plus:

- One-on-one live video sessions with therapist (in addition to coaching sessions)

COACHING + THERAPY + MEDICATIONS

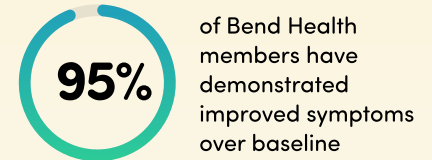
Everything offered in our Coaching + Therapy Care Program, plus:

- Comprehensive evaluation and treatment plan by a child and adolescent psychiatric provider within days
- Monthly evaluation and updates with psychiatrist, including medication management (if necessary)

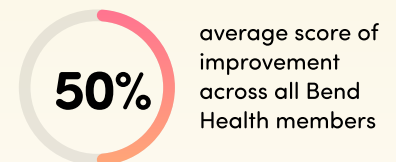
COACHING + MEDICATIONS MAINTENANCE

- Monthly check-ins with coach
- Psychiatric provider check-ins every 3 months

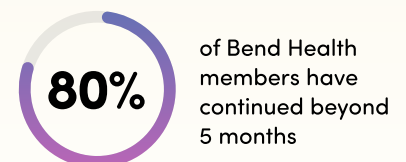
Results that speak for themselves:



“My daughter is better, it seems to be working!”



“[I was surprised] how quickly the treatment plan started and how quickly it worked.”



“I have already referred [people to] Bend Health, and they are using you now.”

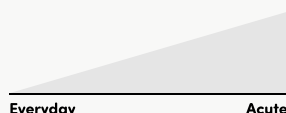
Bend Health works in care teams

Behavioral Care Manager

PSYCHOLOGY-RELATED DEGREE

Guides patients and coordinates care with internal and external care teams.

SYMPTOM SEVERITY:
N/A

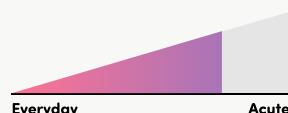


Mental Health Coach

MASTER-LEVEL OR CERTIFIED COACH

Teaches skills and the application of those skills to reach goals and make every day a little better.

SYMPTOM SEVERITY:
None to moderate.

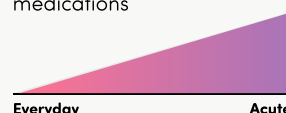


Therapist

LICENSED THERAPIST

Diagnoses patients, provides therapy with focus on past experiences, supervises teams.

SYMPTOM SEVERITY:
Symptoms not requiring medications



Psychiatric Provider

PSYCHIATRISTS & NURSE PRACTITIONERS

Diagnoses patients, prescribes meds, supervises teams.

SYMPTOM SEVERITY:
Symptoms benefiting from medications

