

Teen Mental Health Resources

Parents and teens want support, Cigna can help provide it.

In April 2022, The Economist Impact surveyed 1,100 U.S. parents of teenagers aged 13-17 to better understand the mental health impacts of the Covid-19 pandemic. The results provide further evidence that the pandemic negatively impacted the emotional well-being of most teens, providing new insights as it looks through the lens of parents and caregivers. [You can read the Economist Impact survey results here.](#)

Here are some key findings of parents surveyed:

80%	reported some form of impact on the mental health of their teenage children, including new or increased levels of anxiety, depression, behavioral issues, and problems with social interactions
60%	experienced difficulty finding a trusted mental health care provider in a reasonable amount of time
65%	agreed that virtual care options have made mental health care more accessible
58%	felt there is a lack of resources and support from their child's school
40%	sought virtual mental health care for the first time during the pandemic

Ready-made resources to help make connections:

- [Wellness, Mental Health, and Behavioral Resources](#): a range of resources from Cigna experts, community partners, and other trusted sources
- [Cigna Resilience](#): find the right resources and support to maintaining and building resilience
- [Behavioral Health Awareness for Children & Families](#): expert advice for anyone who wishes to learn more about childhood and adolescent behavioral disorders

Practice mindfulness using these Cigna resources:

- **Live guided sessions are available twice a week, every week.**
Join us for a 30-minute session by telephone - 844.621.3956:
 - Tuesdays: 4:00 PM Central Time Passcode: 965 38 022
 - Thursdays: 7:30 PM Central Time Passcode: 965 38 022
- **[Mindfulness podcasts \(available on Cigna.com\)](#)**: Six free podcasts that teach simple methods for incorporating mindfulness, stress management and self-care into daily life. (Available in English and Spanish.)