

Support your child after psychiatric care



Supporting a child after psychiatric care or hospitalization is crucial for their recovery. It can be challenging, but with the right approach, you can help your child navigate this difficult time. Open communication, consistency, and empathy are key. By maintaining routines, following up on care, and providing a safe, supportive environment, you can make a significant difference in their healing process.

How to foster support:

- **Open communication:** Encourage your child to express their feelings.
- **Consistency and routine:** Maintain regular schedules for stability.
- **Follow-up care:** Ensure continuity with follow-up appointments.
- **Empathy and understanding:** Be sensitive to the child's struggles.
- **Safety plan:** Identify triggers and coping strategies.
- **Positive reinforcement:** Praise their efforts and progress.



For more information, visit **bhoptions.com** or call **1-800-873-2246** for HPN BH or **1-800-280-3782** for BHO EAP. TTY users can dial **711**.

Health plan coverage provided by
Health Plan of Nevada.

HPN8747_25.1 (04/25)

Health Plan of Nevada
A UnitedHealthcare Company 

Behavioral Healthcare Options 