



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.

How Wellthy helps

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

Academic and Tutoring Support for Teens

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

Post-High School Education Options

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

Life Coaching Resources

- ✓ Connect families with life skills coaches/teachers (eg. academic success, anxiety reduction, self exploration, financial literacy, etc.)

Health and Wellness Education Resources

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

LGBTQ+ Support Services for a Teen

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

Substance Use Support Services for a Teen

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

Options for Special Needs Education

- ✓ Specialized schools and programs
- ✓ Mentoring and volunteer programs
- ✓ Accessibility programs for teens



Need support raising a teen?

Visit join.wellthy.com/lafayette to get professional, care concierge support from a Wellthy Care Coordinator today.