

Coping with kids' stress

It's common for adults to view the world of children as pretty carefree. However, research suggests that children and teens now face higher levels of stress than prior generations. It's important to tune into their lives and recognize their concerns.

Tap into your program for interactive online resources, wellness tips and private counseling that can help you better manage stress in your family.

Employee Assistance Program
For Professional Consultation

Call 1-800-888-CARE

(1-800-888-2273)

For TTY Users: 1-800-456-4006

Call today or log on to
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