BeMe is a teen mental health app





BeMe services are free for for CareSource members ages 13 to 18.

What does BeMe help teens with?

- Building resilience and coping skills
- Improving interpersonal skills and communication
- Creating behavior change in daily habits (e.g. sleep, exercise, nutrition)
- Navigating stressors (e.g. school, parental separation, breakups, trauma)
- Working on identity and self-esteem
- Feeling less alone

How does BeMe do it?



Coaching

BeMe coaches provide real-time, text-based support, helping teens learn coping and resilience-building skills while creating culturallyresponsive connections. Real human connection (no bots)!

Content

Content forms the basis for teen engagement, psychoeducation, and skill-building. Original content is available in English and Spanish.

Care

BeMe links teens, as needed, to virtual clinical care from behavioral health clinicians specializing in adolescents.

Crisis

Teens have access to 24/7 support: Safety planning, CareSource24, 988 Suicide & Crisis Lifeline, Crisis Text Line, and The Trevor Project.

For the teen who...

BeMe has...

Has **anxiety** and **depression** and needs support between therapy visits

- · Exercises to help challenge negative thoughts
- · Calming exercises like deep breathing
- A coach to talk to who might help encourage therapy or crisis management when needed

Is focused on **lifestyle modifications** in school, sleep,
and substance use

- Educational content
- Motivational and inspirational content
- Encouragement and motivational interviewing techniques from coach

Is **self harming** or who has **thoughts of suicide**

- A safety planning exercise
- A concrete suite of coping skills to practice independently-including in the middle of the night, so they may not need to go to the ER
- Access to 24/7 crisis support

Is **generally well**, but struggles with **stressors** like a breakup or fight with parents

- Mood reflection experiences
- Content to learn how to cope with the stressor
- A coach to talk to about what they're experiencing and how they can manage their emotions

.0 Having trouble Your Safety Plan concentrating Your plan will keep you mosing forword so that you con get through this eris.is. homework? Next Steps Coll your support team Make your space safe Practice coping skills If you are in crisis, you can get immediate support here. own, don't worry. Take a Coach Andy End I'm feeling really anxious about school. We often feel more anxious when we are thinking or worrying about the past or the future. Try using the following tips and skills to help ground you in the Savoring the Good present moment when you are feeling a lot of stress and 000 Coaching

For questions please call, CareSource Provider Services at **1-844-607-2831** or email the CareSource Behavioral Health Clinical Team at Indiana_BH@CareSource.com

RR2022-IN-MED-P-1685808 Issue Date: 12/12/2022 OMPP Approved: 12/9/2022