

BeMe is a teen mental health app



BeMe services are free 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 culturally-responsive 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...

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

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

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

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

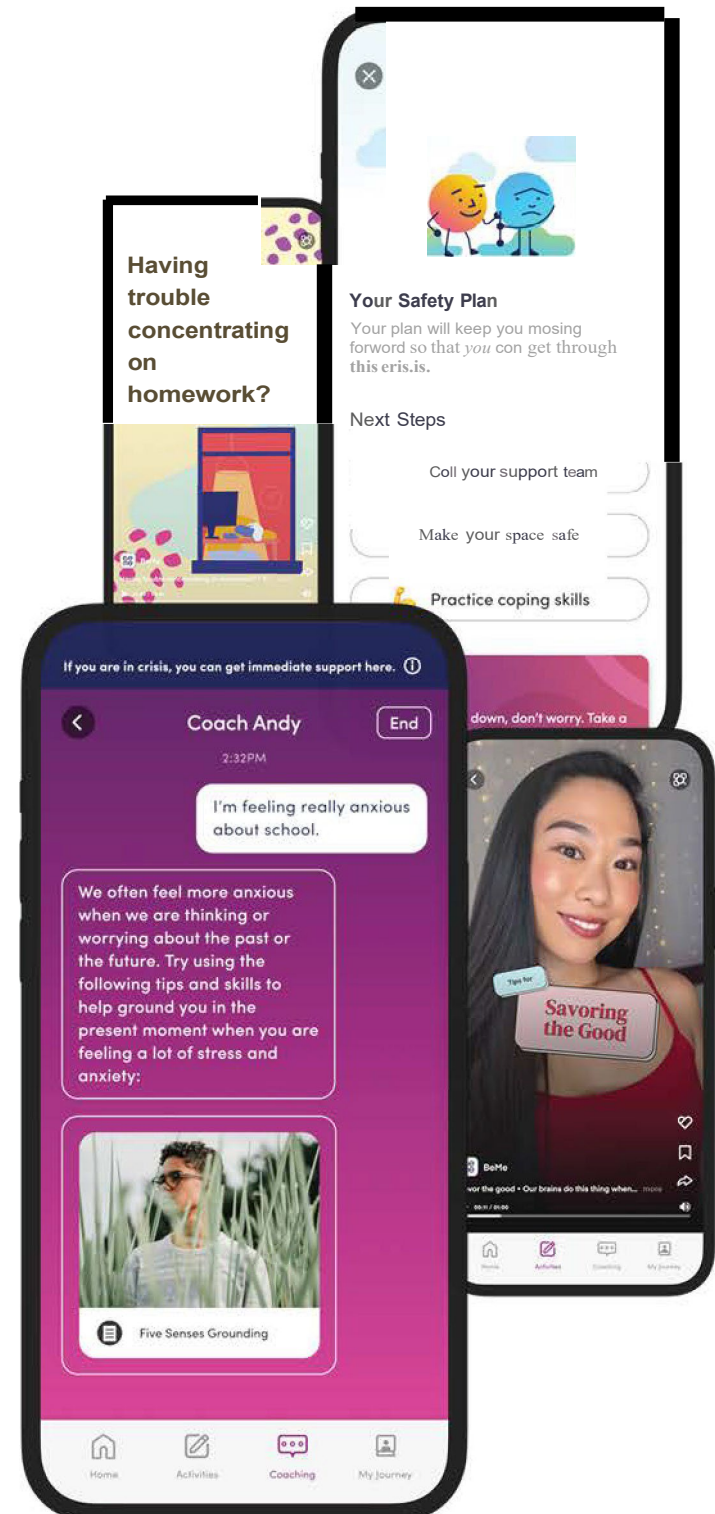
BeMe has...

- 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

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

- 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

- 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



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