Resources for Extra Support

Preteen's pediatrician – Talking with your preteen's doctor can be a helpful place to start. Some doctors also work with counselors and therapists and can make a referral. They can also check for physical factors that might be contributing to difficulties.

Insurance companies - Your insurance provider may have a list of behavioral health clinics and therapists in your area. The company will also be able to tell you about what your policy covers, like what providers are covered and how many sessions.

Behavioral health clinics – There may be clinics or agencies in your area that you can call and ask about resources and getting extra support, like therapy, for your preteen. Both University of Oregon and Bushnell University have sliding-scale clinics.

Employee Assistance Plans or EAPs – If you have insurance through your workplace, you might have access to an EAP. You can call them for referrals to therapists. They also sometimes have crisis assistance so if something is going on in the moment, they may be able to help.

Ask friends and family for referrals – People you know and trust may have suggestions.

Other Resources:

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