

Children and Young People's Mental Health Support service

Your choice, with fast access to the right mental health support and treatment, first time

The NHS reported that in 2023, approximately one in five children and young people aged 8 to 25 had a probable mental disorder¹. When your child or teen is suffering, it can be an upsetting time for you and your family whilst you wait for the professional care they need to support their mental health struggles.

To better support you, we're building on our existing private healthcare support and enhancing our current offering to include dependants aged 5 to 17, so children and young people can get fast access to the right mental health support, first time.

Your child aged 5 to 17, can have an initial clinical consultation with one of Onebright's mental health professionals following a GP referral (subject to the terms, conditions and the underwriting terms applied to your cover. For example, if you are covered on moratorium underwriting, we may require some further information from your registered GP in order to assess whether your claim is eligible). This remote consultation (by video or phone call) will help the clinician gain an understanding of your child's needs and help them to get the right kind of support or treatment. The service can offer support for a range of conditions such as anxiety, depression and obsessive compulsive disorder (OCD), and the type of treatment available includes talking therapies or psychiatric treatment.

If you'd prefer not to use our children and young people's mental health service, we can still help you to source other eligible mental health support, as recommended by your child's GP.

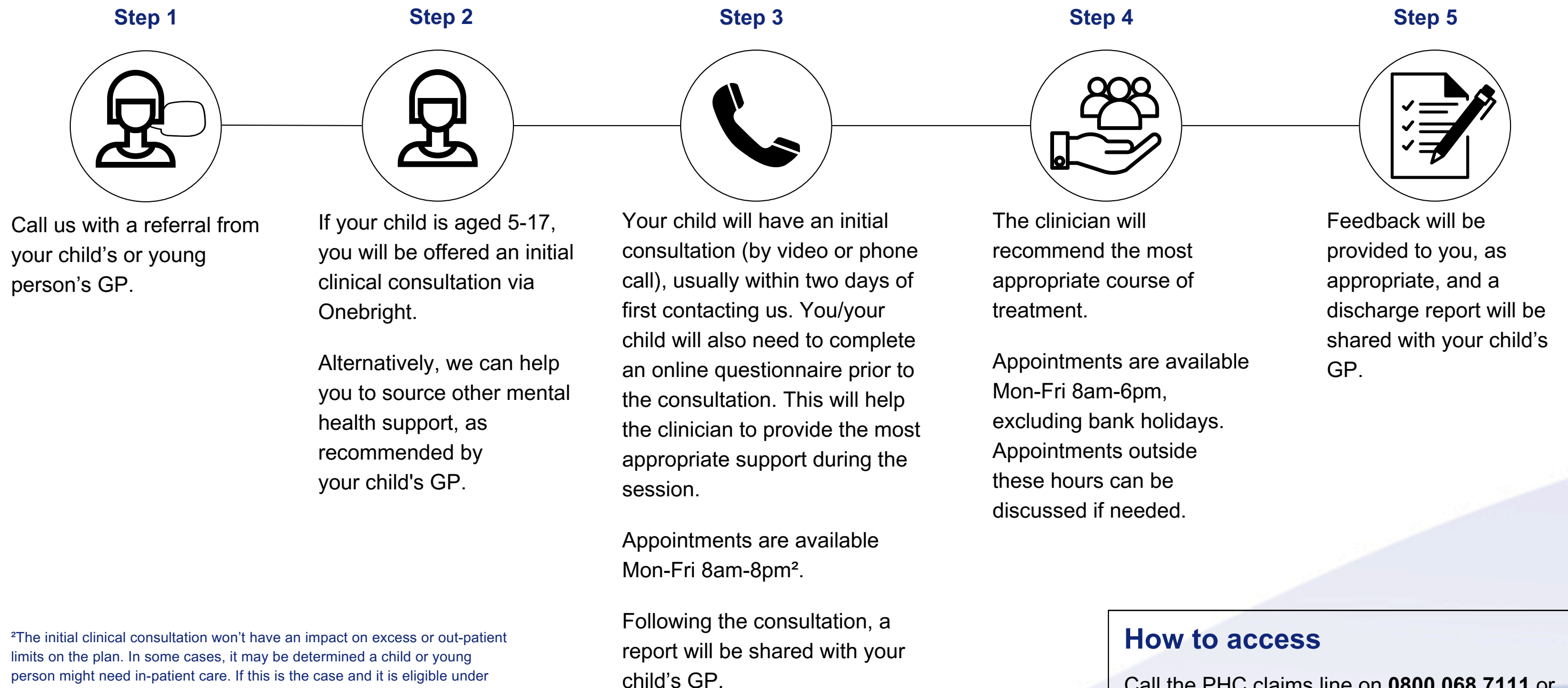
Who are Onebright?

A provider of private outpatient services exclusively focussed on mental health. They have a network of over 2,500 experienced clinicians including psychiatrists, psychotherapists and CBT (cognitive behavioural therapy) practitioners dedicated to offering personalised life changing support.

¹ Mental Health of Children and Young People in England, 2023, Wave 4, NHS Digital, Survey of 2,370 children and young people in 2023.

Quick access to support

Member journey



²The initial clinical consultation won't have an impact on excess or out-patient limits on the plan. In some cases, it may be determined a child or young person might need in-patient care. If this is the case and it is eligible under your policy, we will support you by finding the right care and treatment, at a convenient location. Please note you must have mental health benefit as part of your core private healthcare cover to access this service.

How to access

Call the PHC claims line on **0800 068 7111** or email **claims@thephc.co.uk**.

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