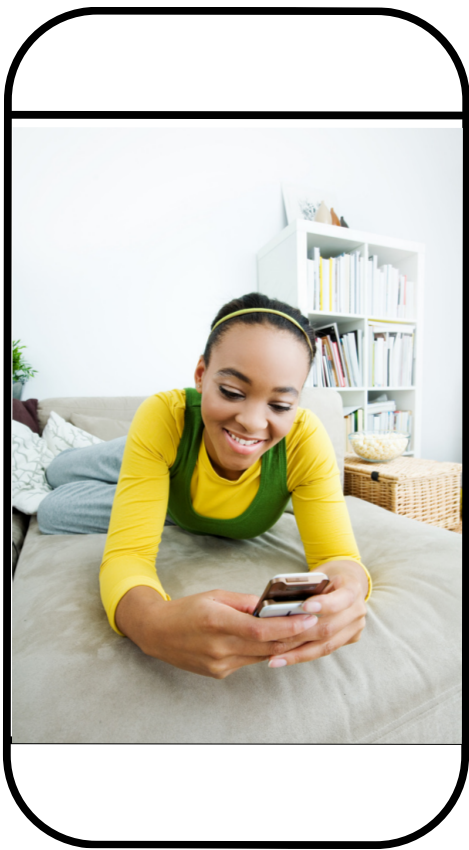


M/ND R/GHT

mental health coaching
over text message



enrollees aged 13-25

MindRight Health provides long-term mental health coaching and support over text message. Coaches are trained to help young people build skills to manage emotions, grief, and stress.

**MindRight is FREE to all DMV
AmeriHealth Caritas members**

a different way of accessing emotional support.

Everyone can use emotional support at some point in their lives. That's why MindRight offers mental health support via text message for young people ages 13-25.

DMV residents can access unlimited mental health coaching at no charge through AmeriHealth Caritas.

how to sign up

Step 1: Text "hello" to 886-886.

Step 2: We'll text right back with a few questions to enroll you into the program.

Step 3: Use referral code "**AMERIHEALTH**" during enrollment.

Step 4: Schedule your coaching session and get matched with a coach.



[click to sign up for MindRight](#)