

ThinkHeroSM & ThinkWarriorSM

Anxiety affects nearly 8% of youth, making it one of the most common mental illnesses among children and teens. Yet, 80% go untreated.¹



Left untreated, anxiety can impair academic, social and personal functioning, and increase the chances of future anxiety and depression. With ThinkHero and ThinkWarrior, children and teens struggling with anxiety can build inner strength and overcome their fears.

ThinkHeroSM and ThinkWarriorSM

Collaboratively designed by Magellan and a clinical psychologist who specializes in cognitive behavioral therapy (CBT) for pediatrics, adolescents and families, ThinkHero (ages 6–12) and ThinkWarrior (ages 13–17) are interactive digital CBT programs that standardize CBT quality and access while providing a non-medication option for addressing anxiety.

How does it work?

Through Magellan Healthcare's Digital Emotional Wellbeing program, powered by NeuroFlow, users complete a series of nine, self-directed steps with the option to choose an adult helper who will provide support, motivation, reinforcement and rewards for progress.

The confidential programs can be used anywhere, anytime—all users need is a computer or mobile device that can play videos.

Engaging, relatable activities with adventure-based narratives help children and teens:

- Recognize and alter unhelpful thought patterns
- Participate in situations they tend to avoid
- Learn life-long skills for managing anxiety
- Become self-empowered

Why ThinkHero and ThinkWarrior?

By overcoming barriers like stigma, time and location, ThinkHero and ThinkWarrior improve access to evidence-based resources for children and teens struggling with anxiety. These programs also help close treatment gaps and divert treatment to less expensive options, decreasing behavioral health risks in adulthood.

For more information, contact your Magellan account manager or email MHCinfo@MagellanHealth.com.