

# Virtual mental health care for kids and families

Brightline is the first virtual pediatric behavioral health solution built specifically for kids and teens ages 0-17, and their parents/caregivers



## 1 in 4 children now have a mental, emotional, or behavioral disorder.<sup>1</sup>

Brightline is designed to support kids, teens, and their parents/caregivers — providing families the tools they need to learn, grow, and thrive — now — and into the future.

From newborns to teens, Brightline offers care for a wide spectrum of needs.

### Ages 0-5: Coaching for parents

We support parents as they manage tantrums, sleep, separation anxiety, and more.

### Ages 6-12: Coaching or therapy

Our multidisciplinary care teams treat a range of common challenges for kids from 6-12 years old including disruptive behaviors, school transitions, and bullying, as well as more acute needs such as clinical depression, trauma, and ADHD.

### Ages 13-17: Coaching or therapy

We support teens struggling with common concerns such as body image, relationships and self-confidence, as well as more complex conditions.

### Average appointment availability

- Within one day for coaching
- Within one week (or less) for therapy

## Brightline includes:



### A one-stop digital platform for multidisciplinary care

Live virtual coaching, therapy, and psychiatry from pediatric experts



### Right care, at the right time

Regular assessments ensure each family receives the right level of care, according to their current needs



### Family-focused guidance

Supporting the entire family including parent training is 3x more likely to be clinically effective<sup>2</sup>



### Care collaboration

Coordination with teachers, pediatricians, counselors, and other providers ensures comprehensive care



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