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It's only been a few sessions, and my child is already starting to recognize when their anxious thoughts might be 'false alarms.'

- Brightline parent

Get virtual behavioral health support for your family

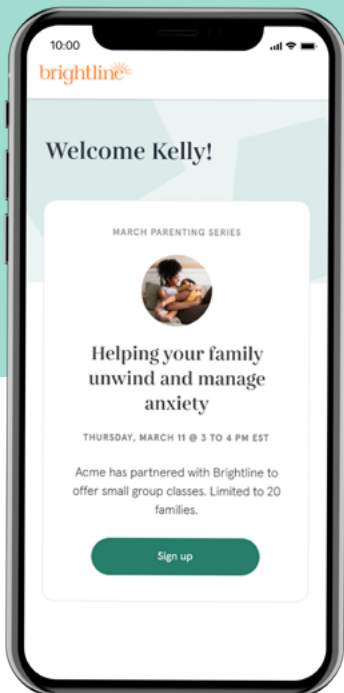
Brightline's services — what's covered:

START HERE

Connect+

On-the-go access to personalized content, group classes, interactive exercises, and chat with coaches for tips and guidance

Available nationwide



GET SUPPORT WHEN YOU NEED IT

Coaching

Programs to help tackle everyday common challenges with expert behavioral health coaches in as few as four sessions

Available nationwide



Irene Biscante Smith, NBC-HWC
Hi Anthony, How are you feeling today?

Anthony Jones, Brightline member
Hi Irene, I'm feeling a bit down today after my math test.

Care

Personalized behavior therapy, speech therapy, and medication evaluation & support from licensed Brightline clinicians

Available nationwide



GET STARTED AT

[hellobrightline.com/benefits](https://www.hellobrightline.com/benefits)

Questions? Get in touch with Brightline Member Support
888-224-7332 care@hellobrightline.com

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