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

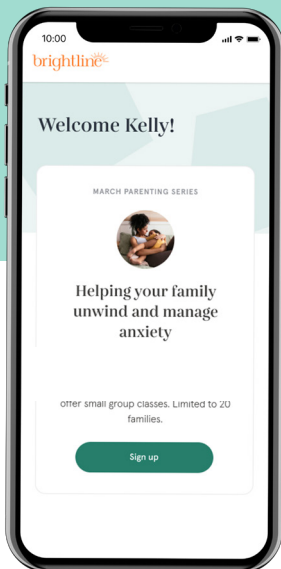
- Brightline parent

Virtual mental health care for kids & teens

What’s included in your Brightline membership:

Personalized care plans

- Your dedicated coach will walk you through your care options (therapy, coaching, psychiatry) and help manage your kid’s care over time.
- Care is coordinated with all the important people in your kid’s life (teachers, pediatricians, counselors) so everyone is on the same page.



Experts you can trust

- Our mental health experts have years of experience working with kids, teens and families.
- All therapists practice evidence-based Cognitive Behavioral Therapy (CBT), and all coaching programs are CBT-guided.



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.



Support for parents

- Use our one-stop digital platform to chat with your coach, navigate your child’s care plan, track progress, and manage video visit appointments.
- Access our library of expert-backed resources.
- Resources and support for parents & caregivers.

GET STARTED AT
helloworld.brightline.com/benefits

Questions? Call (888) 224-7332 to speak with a Brightline team member about our services.

Brightline services are offered as an in-network benefit with Cigna Healthcare for children covered as eligible dependents on your health plan between the ages of 18 months and 18 years. Out of pocket costs vary. We'll check your eligibility when you sign up.