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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

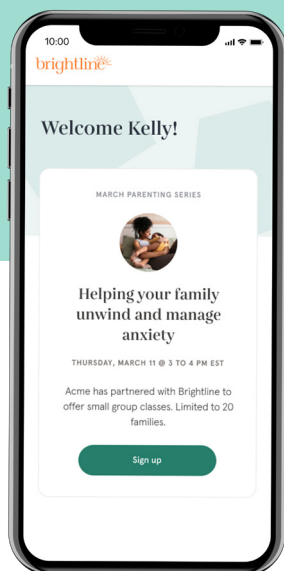


## Virtual mental health care for kids & teens

### 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**  
[hellobrightline.com/meritain](https://hellobrightline.com/meritain)

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

Brightline is an in-network provider with Meritain Health. Standard out-of-pocket costs and deductibles apply. All clinical services are provided by licensed professionals practicing within independently owned and operated practices. Brightline, Inc. does not itself provide any physician, clinical, behavioral health professional, or other healthcare provider services.

## How to get started?

1

Click this link to sign up:  
[hellobrightline.com/meritain](https://hellobrightline.com/meritain)

2

Create an account

3

Answer a few questions about  
your kids & teens

4

Schedule your first appointment  
with no long wait lists!

## Why go with Brightline?

### EVIDENCE-BASED CARE FROM EXPERTS YOU CAN TRUST

Our providers have years of experience working with kids of all ages.

### YOUR FAMILY'S CARE — ALL IN ONE PLACE

Use our one-stop digital platform to track progress, manage appointments, & check out expert-backed resources.

### GETTING STARTED IS EASY

It's okay if you don't know what the right care is for your kid — our team will support you every step of the way.

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**brightline** 

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