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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.’

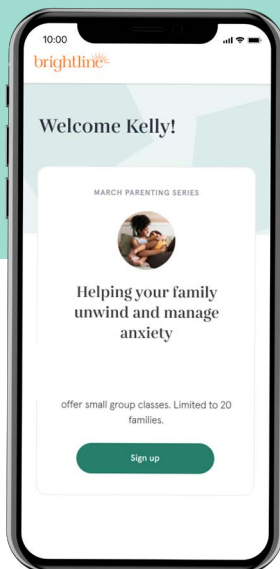
- Brightline parent

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.com/aetna

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

How to get started?

1 Click this link to sign up:
hellobrightline.com/aetna

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.

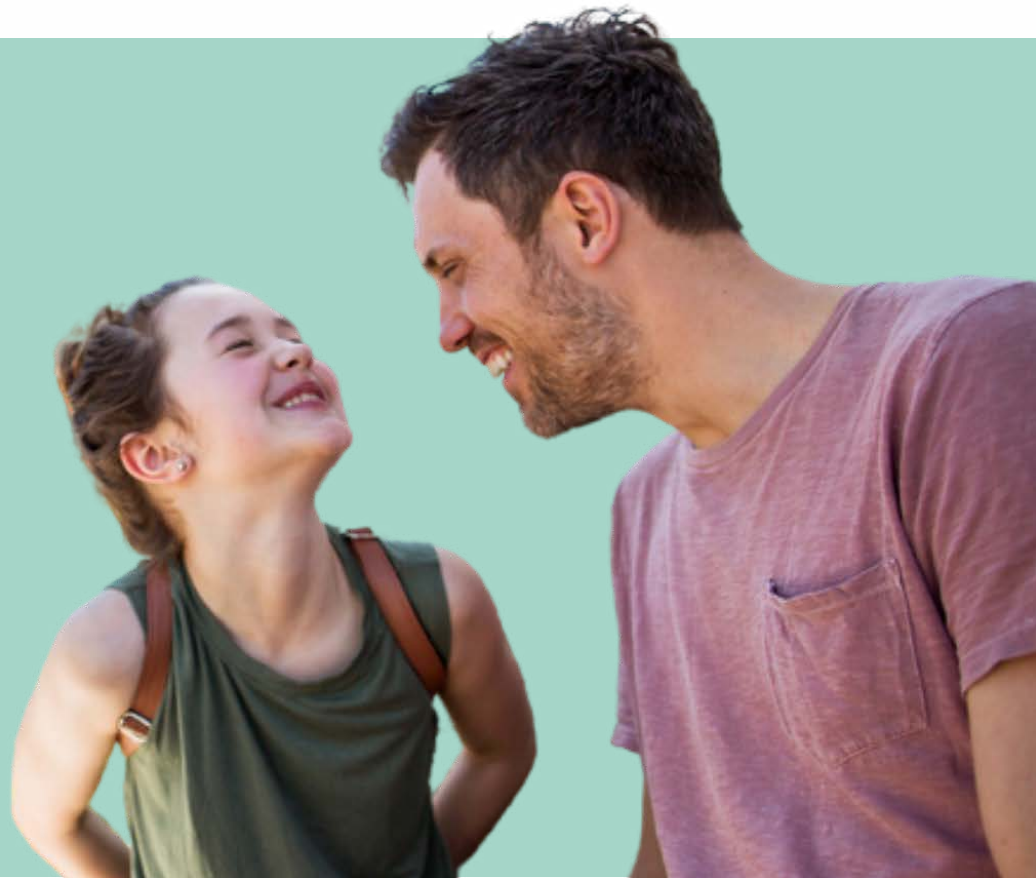
YOUR FAMILY'S CARE — ALL IN ONE PLACE

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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