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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.’

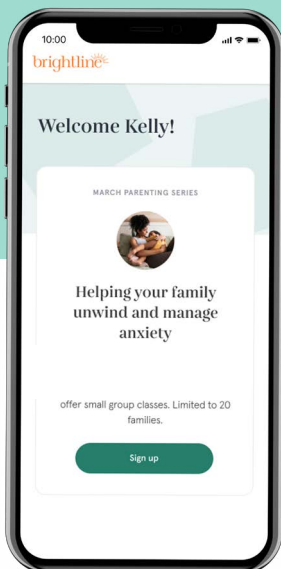
- Brightline parent

## 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/aetna](https://helloworld.brightline.com/aetna)

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

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