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.

**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/aetna](http://hellobrightline.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](http://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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