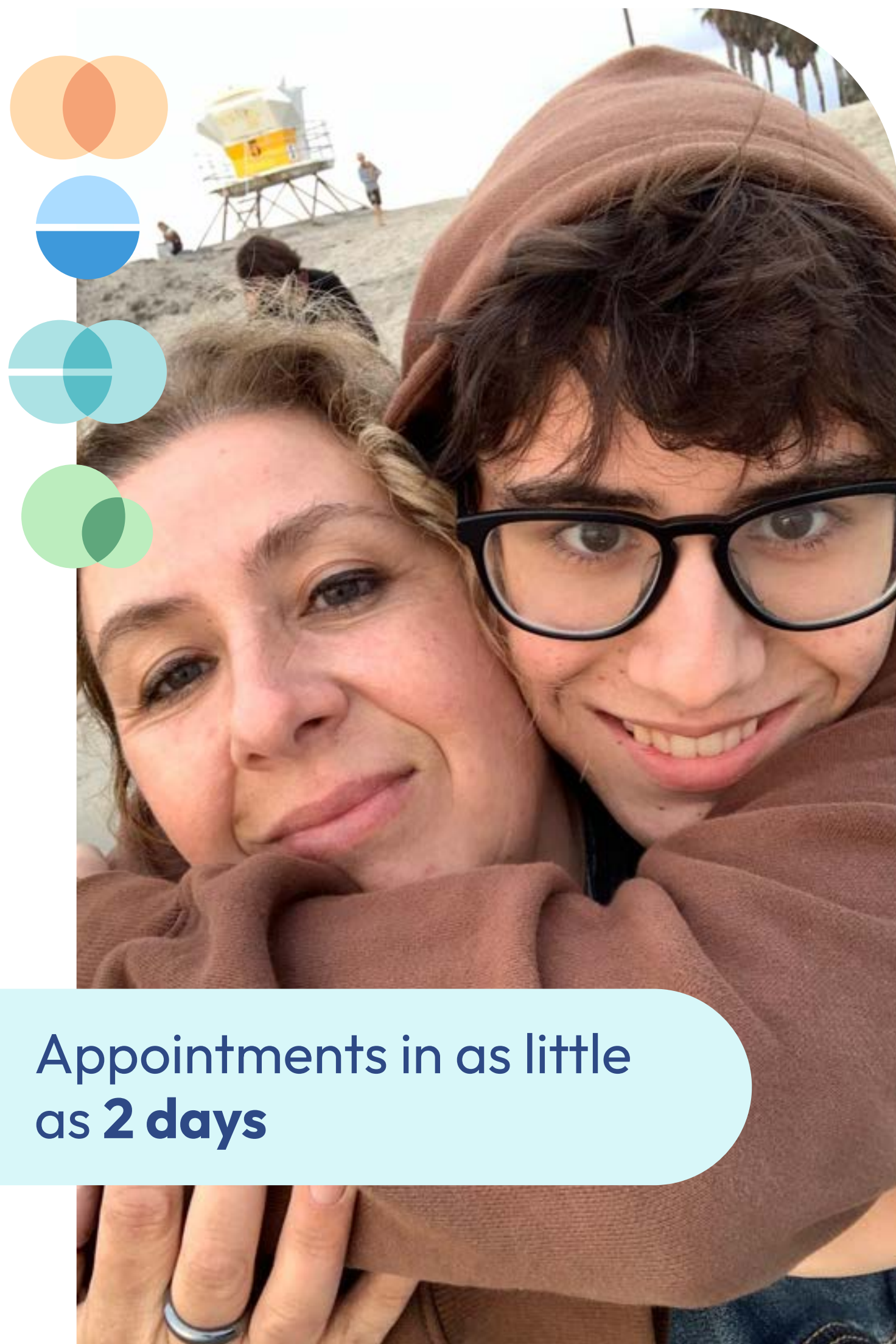


# Teen Care is now available

## Expert virtual therapy and psychiatry

- ✓ Treatment for ages 13 and up.
- ✓ Now serving AR, AZ, CO, DE, FL, IA, IN, MI, MO, NC, TX, & UT. More states coming soon.



Appointments in as little as **2 days**

### A SAFE SPACE TO CONNECT

## Our life-saving mental health care, now specialized for teens

Brightside Health's expert providers are well-equipped to address the unique needs of teens, treating conditions from mild to severe.

### Therapy

Using science-backed approaches, our therapists help teens learn, connect, and grow—all while offering compassionate support.

- Video sessions & anytime messaging
- Proven cognitive behavioral therapy
- Licensed therapists specialized in teens

### Therapy + Psychiatry

Our psychiatric providers can help with careful prescriptions, if appropriate, from a formulary that excludes controlled substances.

- Ongoing medication management and monitoring
- Prescriptions sent to the pharmacy
- Available only in combination with therapy

### Crisis Care COMING SOON

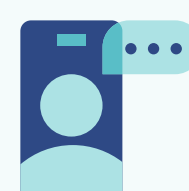
Treatment for teens with elevated suicide risk is coming soon.

## How Teen Care works



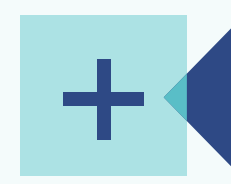
### Thorough assessment

Together with their teen, the parent/guardian completes an assessment and books the first appointment with an expert provider.



### Support by their side

With our easy-to-use app, teens always have support in the ways that work best for them. They can join sessions, track progress, and send messages on the go.



### Regular video sessions

Parents and teens join the first therapy (and psychiatry, if applicable) session together, then the teen begins personalized treatment.



### Parental involvement

We ensure personal privacy for teens, and peace of mind for parents. Teens have their own Brightside account, and parents can join sessions as needed for updates.