

Get support with the tough stuff and help your child thrive

No costs attached. No insurance required. No referrals needed.

BrightLife Kids — a CalHOPE program* by Brightline — is designed by youth behavioral health experts to give you and your child the emotional and behavioral support your kids need to succeed.

BrightLife Kids offers live video sessions and secure chats with a dedicated behavioral health coach, and on-demand digital resources to parents/caregivers and kids aged 0–12 who live in California.



BrightLife Kids includes things like:

- ✓ **Teaching kids** how to manage sadness, worries, anger, social challenges, family relationships, difficulties with friends, bullying, self-confidence, and more
- ✓ **Helping parents** build confidence and structure — we can help you be the kind of parent/caregiver you want to be
- ✓ **Bilingual coaches** (English/Spanish) and translation to 17 other languages* available
- ✓ Coaches who come from **diverse backgrounds** (just like the families they work with) and are sensitive to different cultures, traditions, and ways of life
- ✓ Coaches who have **training and experience** working with LGBTQ+, BIPOC, and gender-diverse populations
- ✓ Coaches who specialize in **personalized coaching** for kids and families and know when it's time to refer families to a higher level of support in the community

Get started in just 3 easy steps:

1. Visit us at **brightlife.kids** to create your no-cost account.
2. Get a personalized care recommendation.
3. Explore no-cost resources, chat with a coach, or schedule your first appointment. Appointments are available within days, not months!



**Scan the
QR code**

or visit brightlife.kids to
create your no-cost
account today.

*The Children and Youth Behavioral Health Initiative (CYBHI) is a \$4.7B package of investments initiated by Governor Gavin Newsom to support California's kids. One of the goals of CYBHI is to give kids and families the opportunity to receive expert behavioral health support in an easy-to-access, digital format. Brightline was chosen out of 450 vendors to be the partner for children ages 0–12 and is proud to introduce BrightLife Kids — a CalHOPE program by Brightline.

**Chinese, Vietnamese, Tagalog, Korean, Armenian, Russian, Farsi, Japanese, Arabic, Cambodian, Hindi, Hmong, Thai, Laotian, Punjabi, Mien, and Ukrainian