



Virtual Mental Health Care for Kids, Teens, and Families

Minimize the “Summer Slump” with Brightline

All the “little” behavioral issues kids struggle with during the school year — lack of motivation, inattentiveness, problems focusing — can get worse over summer. And with disrupted schedules, less sleep, and more tech time, the repeated “I’m bored” comments could actually signal escalating symptoms of depression or anxiety.



Put a plan in place.

Brightline offers a variety of coaching programs designed specifically for kids and teens and parents too! Help your kids build important skills, stay on track, and prevent the summer slump:

- **Take our free Mental Health Quiz** to identify the best place to start.
- **Lock in your preferred coaching program schedule:** Your child can build essential skills for success and you can take part in the parent management training programs available as well.
- **Plan ahead for end-of-summer support:** Increase sessions at the end of summer to reinforce learning and prepare for the school year.

Our team of pediatric coaches, licensed therapists, and psychiatrists are ready to support your child within days.

Get started today and see how Brightline can improve your family’s summer.

Scan the QR code or visit [hellobrightline.com](https://www.hellobrightline.com) to learn more.

