



Welcome to our Brightline 2026 May Mental Health Awareness Month content!

Mental Health Awareness Month is a good time to remember that an A+ student with an A+ smile can also be teetering on an emotional edge.

This Mental Health Awareness Month, Brightline is highlighting anxiety and helping parents approach the concern with curiosity, honesty, and understanding.

A common myth is that if a child is only anxious about one thing, it's not actually an issue. The fact is, when anxiety becomes problematic in one area, it may not show up anywhere else. It can still be disruptive, overwhelming, and exhausting — and once it becomes a struggle for a child, it's not likely to get better on its own.

This month (and all year long), we urge parents to look for where anxiety might be getting in the way of what their child needs or wants to do. When kids aren't able to manage it themselves, we're encouraging parents to ask questions, listen to potentially difficult answers, and be brave enough to get extra support when needed.

In this folder, you will find:

- A short introductory paragraph that can be posted on internal websites and/or used in email communications
- Short messages that can be used in company chat platforms such as Slack or Microsoft Teams
- An animated, digital flyer to share on digital platforms (saved as both .mp4 and .gif for ease)
- A two-page flyer
- A one-page flyer
- **Additional materials (including our anxiety program page and links to blog posts on anxiety) can be found on the Brightline website: brightline.com/anxiety**