



*Brightline is a therapy and psychiatry practice that supports families with kids up to age 18. For Mental Health Awareness Month, they've created a package of materials for those among us who can benefit from education about and support with anxiety. Read their message below and learn more about Brightline (a covered benefit!) at [brightline.com/anxiety](https://brightline.com/anxiety).*

Whether you're parenting a newborn or a teenager, Mental Health Awareness Month is a good time to check in with yourself and your kids about anxiety.

It can be disruptive, overwhelming, and exhausting — and once it becomes a struggle for a child, it's not likely to get better on its own.

Recognizing anxious thought patterns, physical experiences, and understanding what to do in these moments are the first steps towards feeling more confident, calm, and in control. The experts at Brightline are experienced and ready to help. Learn more about our focused anxiety program and other supportive resources at [brightline.com/anxiety](https://brightline.com/anxiety).

*Note: Families in NY, NJ, and CT have access to in-person and online services. All services in MA and WA are online at this time.*