



Anxiety myth #1: My child's worry is just part of their personality. *The reality is that while some kids are naturally cautious and sensitive, when their worry becomes uncontrollable or interferes with their daily life, it's more than a temperament. Brightline's focused therapy and psychiatry program treats anxiety in kids up to age 18 (and teaches parents how to help, too). Learn more at brightline.com/anxiety.*

Anxiety myth #2: If I reassure my child enough, eventually they'll realize everything is okay. *The reality is that reassurance can provide short-term comfort; it can also create a reliance upon the parent or a belief in the child's mind that they can't manage the anxiety by themselves. Brightline's anxiety program helps kids up to age 18 learn strategies for coping with uncertainty (and shows parents how to support their child in healthy ways). Learn more at brightline.com/anxiety.*

Anxiety myth #3: My child doesn't seem anxious at school, so they're probably fine. *Good behavior at school doesn't always reflect how much anxiety a child may be carrying inside. Brightline's focused therapy and psychiatry program treats anxiety in kids up to age 18 (and teaches parents how to help, too). Learn more at brightline.com/anxiety.*

Anxiety myth #4: They're just shy — they'll grow out of it. *The reality is that social anxiety is more than shyness. It causes distress that impacts relationships, school, and daily life. If your child or teen is showing signs of social, separation, or generalized anxiety, Brightline has an expert-led program that can help. Learn more at brightline.com/anxiety.*

Anxiety myth #5: Protecting them from uncomfortable social situations will help. *The reality is that avoidance might feel like a safe space, but it trains the brain to link social situations with threats they should keep avoiding rather than with safety. The more you help, the more your child relies on you to help. Brightline's anxiety program empowers kids and teens to build independence and manage their anxiety (brings parents a sigh of relief, too). Learn more at brightline.com/anxiety.*

Anxiety myth #6: They just need more confidence. *The reality is that confidence does not come from sheer willpower. It's developed step-by-step. Kids with anxiety need tools to help them build that confidence. If you've tried everything you know, maybe it's time to learn some new tricks. Brightline's expert therapy and psychiatry program treats anxiety (and supports parents, too). Learn more at brightline.com/anxiety.*

Anxiety myth #7: If I talk about anxiety with my child, it will only make them more anxious. *The reality is, when you know the right questions to ask, you can be a big part of helping your child build confidence and a sense of control over the anxious voices in their head. If you're not sure where to start, lean on the experts at Brightline. Their anxiety program for kids up to age 18 helps kids, teens, and families. Learn more at brightline.com/anxiety.*



Anxiety myth #8: My child should be able to tough it out like I do. *The reality is that you are an adult with life experience and a brain that has worked long and hard on regulating emotions. And some days, situations, and thoughts are **still** hard for you to process. Your child's anxious thoughts and physical symptoms are real — and they're treatable. Brightline's anxiety program for kids up to age 18 works. Learn more at brightline.com/anxiety.*

Anxiety myth #9: My emotions don't have anything to do with my child's emotions. *The reality is that you are your child's best teacher. How you handle your emotions, fears, and anxious feelings gives them a model to follow. If you and your child both could use support with anxiety, Brightline can help. Learn more at brightline.com/anxiety.*

Anxiety myth #10: My child is too young for anxiety to be a problem. *The reality is that anxiety can affect kids who aren't even in school yet. Therapy can support kids (and parents!) who experience excessive clinging, separation anxiety, phobias, physical symptoms, and activity refusal that disrupt daily life for more than six months at a time. Brightline can help. Learn more at brightline.com/anxiety.*

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