

# Get support with the tough stuff and help your child thrive

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



Created by Brightline (an industry leader in pediatric mental health) and 100% paid for by the State of California, BrightLife Kids is a CalHOPE\* program that offers behavioral health coaching to all kids ages 0–12 who live in California.



Coaching is done in private, 1:1 video sessions and via secure chat. Families are matched with a dedicated coach, so there's no starting over each time. And families also have access to on-demand digital resources like articles and videos that can help between sessions.



**BrightLife Kids helps**

- **Kids** learn how to manage big emotions, friendships, self-confidence, and more
- **Parents/caregivers** build confidence and structure
- **Families** dealing with challenging milestones, behaviors, and transitions
- **Teachers/school staff** focus on helping students learn, develop, and have fun



**BrightLife Kids coaches**

- **Are bilingual in English and Spanish;** families can receive coaching in 17 other languages\*\* with the help of interpreter services
- **Have training and experience** working with those who have LGBTQ+, BIPOC, and other important identities
- **Come from diverse backgrounds** (just like the families they work with) and are sensitive to different cultures, traditions, and values
- **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



Scan the QR code or visit [brightlife.kids/ca](https://brightlife.kids/ca) to create your no-cost account today. For more information, email [ce@helloworldbrightline.com](mailto:ce@helloworldbrightline.com).

\*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 hundreds of vendors to be the partner for children ages 0–12.

\*\*Many coaches are bilingual in English and Spanish. Interpreter services are available in Chinese, Vietnamese, Tagalog, Korean, Armenian, Russian, Farsi, Japanese, Arabic, Cambodian, Hindi, Hmong, Thai, Laotian, Punjabi, Mien, and Ukrainian