

Trying to get back to being you?

Stress, burnout, and panic are real ways that anxiety and depression can show up in our lives. There is no one-size-fits-all solution. Take the first steps to begin your healing journey.



SARAH OWENS
I've been feeling really anxious lately

MARIE STANTON, M.D.
Let's talk about it



Brightside and your health plan have partnered to provide you personalized mental health care when you need it.

Our psychiatrists and therapists pair empathy with expertise to deliver individualized care — all from the comfort of your home. Meet with your specialist in as little as 48 hours.

Discover why 85% of Brightside patients feel better just weeks after taking our initial assessment.

Start your journey with Brightside, and receive:

- ✓ Unlimited messaging with your care team
- ✓ Virtual visits
- ✓ Convenient progress tracking
- ✓ Check-ins when you need them
- ✓ Data-driven medication support
- ✓ Life-changing interactive lessons between visits

The Brightside care team is ready to help. Getting quality treatment has never been easier.

Take these 3 simple steps to get started:

1. Answer a few questions.

So your care provider can get to know you — not just your symptoms.

2. Create your care plan.

Discuss your symptoms and treatment options with your specialist to agree on an action plan you can stick with.

3. Commit to your care plan.

Whether you get therapy sessions delivered to your device, prescriptions delivered to your door, or both — your care team will be there for you until you feel like yourself again.

Here's how patients describe what happened after they followed these simple steps:

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I haven't felt hopeless/worthless since starting my care. I still have bad days every now and then when I feel down and low energy but I feel that it is more controlled and normal now.

CASEY B

★★★★★

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The quick and easy access to my therapist has been great. As a single, working mom quick and easy helps to calm my anxiety.

ALINA G

★★★★★

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Clear care, if something isn't working for you, your doc will get you on the right track. Very responsive, couldn't ask for better.

ADDISON P

★★★★★

