



**Subject:** You're not the only parent whose teenager has stopped talking to them.

**Preview:** When you know it's time, Brightline is the right place.

When your child is young, you're the go-to solution for everything that ails them. Whether they are hungry, tired, cold, scared, sticky, sad, or grumpy — you're on call.

As an industry-leading pediatric mental health company, Brightline understands that as your kids get older, your advice, knowledge, or offers to help don't always land in the way you hope.

How do they know? Because they've raised a teenager or two, too.

**Their mental health experts haven't walked in your shoes.  
But they have a well-worn pair just like them.**

They know that while you can acknowledge that your child's growing sense of independence (and the pushback it brings) is healthy, you might also be convinced you still know what your teenager needs to hear. It just doesn't seem like they're listening anymore, right?

You don't know why they seem so angry with you, what they might be hiding, or if what you see is just the tip of the iceberg. So you're up at night with all kinds of unanswered questions like:

- Is it a series of bad days or a bigger emotional problem?
- Is it another hard semester of classes or are they just unable to focus?
- Is it the wrong group of friends or is your child having trouble nurturing healthy relationships?

**It's okay if you don't know the root of the issue or what to say to your child. Brightline does.**

**When you know it's time, Brightline is the right place.**

Families in New York, New Jersey, and Connecticut have access to in-person and online services. All services in Massachusetts and Washington are online at this time. Get started by visiting [brightline.com](http://brightline.com) or calling (888) 255-1329 today.