



Dear Colleagues,

As providers, you see families through some of the most critical moments in their lives. You celebrate their joyful milestones and see them through their challenges. While you can help children and caregivers navigate mental health challenges, you cannot be with them 24/7.

That's why we want to make sure you are aware of [BrightLife Kids](#)—a free, statewide, virtual behavioral health platform designed specifically for families with children 0–12. Developed as part of California's [Children and Youth Behavioral Health Initiative](#), BrightLife Kids does not require insurance, referrals, or immigration status.

Importantly, BrightLife Kids is not a substitute for clinical care. It's a way to **extend care** beyond the office, ensuring families have needed guidance, tools, and community. By connecting families to BrightLife Kids, you can help bridge the gap between visits and make sure parents and children are getting the support they need when they need it.

The program provides:

- **Personalized behavioral health coaching** via video sessions and secure chat.
- Evidence-based **digital tools** and strategies.
- Bilingual (English/Spanish) coaches and services available in **19 languages**.
- Coach specialists that connect families to **additional resources**.
- **Peer online communities** for shared support.

Since its launch in January 2024, BrightLife Kids has reached more than 250,000 children across California. The program is [making a real difference](#) for families and is a reliable resource for clinicians to offer their patients.

Thank you for all you do for California's children, youth, and families. In partnership, we know California can make sure every child and caregiver gets the support they need.

Warmly,

A stylized, handwritten signature in black ink, appearing to read 'DR. RAMOS'.

Dr. Diana E. Ramos
Obstetrician/Gynecologist
California Surgeon General

A stylized, handwritten signature in black ink, appearing to read 'DR. SUD'.

Dr. Sohil R. Sud
Pediatrician
Director, Children & Youth Behavioral Health Initiative