



Brightline Family Mental Health

Now open in New York

You're not the only parent
who searches
“pediatric therapist near me”
at 2am



What you're going through may be new to you, but it's not new to us





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

It's really hard to recognize — *and sometimes admit* — that something feels different



When it's hurt feelings or a scraped knee, you're the first and best person to care for your child.

But when it comes to managing symptoms or getting diagnoses for things like depression, anxiety, ADHD, OCD, or autism, it's easy to feel unsure of how to help.

You know your child better than anyone

And still, you're up at night wondering:



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- Why does my child seem so angry/sad/worried?
 - Are they a quiet child or are they hiding something?
 - 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 my child the one who can't seem to nurture healthy relationships?
 - Is this just the tip of the iceberg?

With Brightline, you unlock access to

- psychological testing and diagnoses
- diagnostic evaluations and follow-up sessions
- care plans and measured progress
- digital interventions between sessions
- evidence-based methods and data-driven results
- hybrid in-person and virtual care for individualized treatment
- focused programs that address specific concerns like anxiety, OCD, and ADHD

Why Brightline?

Because while we haven't walked in your shoes, we have a well-worn pair just like them.

Originally, Brightline was created for our own families. So, we know exactly how it feels to spend hours, days, and weeks reading reviews, comparing, and hunting down the right therapeutic fit for a child (especially when you're not even sure what's going on).

When your child needs mental health support, you want to find them the right path — one paved with experienced pediatric therapists and psychiatrists who have been trained to help families heal, grow, and reach their goals.



That's what Brightline delivers

Evidence-based treatment, data-driven results, and a focus on what your family is experiencing



When the right help is within reach, the weight starts to lift

Brightline's hybrid in-person and virtual care starts with one of four focus areas

- Psychological testing and diagnoses
General therapy and psychiatry services (including medication management)
- Anxiety and Obsessive Compulsive Disorders Programs
- Attention and Behavior Disorders Programs



Every family starts with a diagnostic evaluation that gives Brightline a deep understanding of what your child is experiencing and what the goals are for the family, along with a framework for recommended next steps



Brightline | New York, Connecticut, New Jersey

In-person and virtual care in Brooklyn (and more to come in the area)

Brightline | Massachusetts, Washington

Virtual care with in-person clinics to come
