

# You're not the only parent who wonders why their child can't stop worrying about everything

You know your child better than anyone. When it's hurt feelings or a scraped knee, you're the first and best person to care for them. But when it comes to things like anxiety and fear, it's easy to feel unsure of how to help.

**Recognizing that something feels different is one thing. Finally figuring out what your child needs is another.**



These are some of the anxious behaviors we see the most. If you're seeing some of these (or others) at home, we can help you understand why and address them.

- \* Worries and fears that make it difficult to concentrate
- \* Physical symptoms like racing heart, sweating, breathing issues, tense muscles
- \* Feeling nervous, restless, edgy, afraid, or fearful
- \* Avoidance of things they need or want to do like conversations, homework or going to school, certain social circumstances, activities, sports, etc.
- \* Overdoing things more than is needed (e.g. redoing homework) and/or asking repeatedly for reassurance

No matter what your child is here for, you (as their parent) will be closely involved in their care. The level of involvement depends on a few things: their age and stage, the presenting concerns, and what research tells us works best.

Sometimes, kids meet with their provider and a caregiver checks in for a few minutes. Other times, the caregiver is the one in the session for a longer time.

**Brightline will work with you to find the balance that is right for your family and the goals you have for your child.**

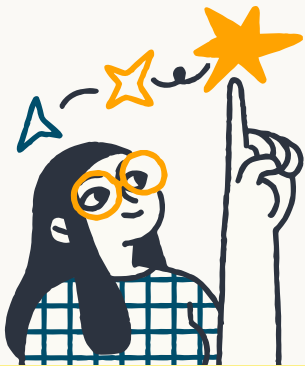
When you know it's time, Brightline is the right place.



## Brightline's Anxiety Program provides kids up to age 18 with careful symptom assessments, clear diagnostic impressions, and thoughtful treatment including:

- Evidence-based interventions like cognitive behavioral therapy (CBT), and an emphasis on exposure and response prevention (ERP), psychiatry, and medication management as needed.
- Support with things like separation, social, and generalized anxiety, specific phobias, panic disorder, and selective mutism.
- Between-session practice plans that support your child as they start using the skills they're learning in real-life situations.
- Information gathering (with parent permission) from important adults in your child's life, like teachers and other care providers, to ensure a well-rounded view of your child.
- A combination of agreed-upon session types (child-focused and caregiver-focused without the child) that include learning about emotions and behaviors, skill building, barrier identification, measured progress, and homework plans for continuity between sessions.
- Internal referrals to our psychiatry services (medication management) when a child needs more than therapy to progress towards goals, or if families want to try a combined approach from the beginning.
- Sessions can be held online or in person, based on family preference and clinical recommendation.

A typical course of therapy is between 8–16 sessions. The initial session typically costs \$350. On average, ongoing sessions are \$200–\$275 each. A typical course of psychiatry (including medication management) is between 6–10 sessions. On average, these sessions range from \$225–\$350 each. We take insurance and can provide superbills.



“Working with our Brightline therapist has given my son new confidence that he can manage his anxiety through the different techniques given. He also has really benefitted from having an adult (who is not a parent) to talk through his emotions and experiences.”

Brightline parent

For more information, an estimate of what your insurance may cover, or to schedule an appointment, call **(888) 255-1329** or visit **[brightline.com](https://brightline.com)**. We're open Monday–Friday from 8am–7pm ET.

Our clinic locations:

- 32 Court Street, Suite 808, Brooklyn, NY 11201
- 3000 Marcus Avenue, Suite 3E01, New Hyde Park, NY 11402
- 330 W 58th Street, Suite 611, New York, NY 10019