



Email blurb:

Find support for tough times on World Mental Health Day

World Mental Health Day is a reminder that emotional wellness matters, especially when life feels uncertain. From wildfires to immigration stress, California families are facing real challenges that can weigh heavily on both kids and parents.

That's why we want you to know about [BrightLife Kids](#) — a free resource for families with children ages 0–12. Whether your child is feeling worried, acting out, or just needs help expressing what's going on inside, BrightLife Kids offers:

- **Help with tough moments** like big feelings, stress, and uncertainty
- **Coaching for real conversations** about worries, fears, and frustrations
- **Tools to build resilience and connection** — together

[Sign up today](#) and get support for your family—anytime you need it. For more information and resources on World Mental Health Day, visit <https://www.hellobrightline.com/partner-resources/>