



How do I refer a patient to Brightside Health?

Provider-referred process:

1. Visit our Patient Referral Portal: brightside.com/referral
2. View appointment availability, submit referral, and receive clinical progress updates.

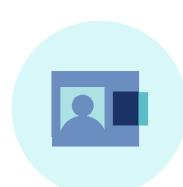
Patient-initiated process:

Patient visits brightside.com/findcare and signs up directly.



What services does Brightside Health provide?

We offer virtual psychiatry, therapy, or both—with treatment personalized to each patient. Suicide Prevention Program is also available for eligible patients experiencing suicidal thoughts and feelings.



What ages do you treat?

We treat individuals 13 years and older.



How quickly can patients be seen online?

Video appointments are available within 48 hours. Between follow-up visits, patients can also connect with their provider for continuous care via:

- Anytime messaging
- Check-ins
- Proactive progress tracking



What mental health concerns do you treat?

We treat:

- Generalized anxiety disorder
- Major depressive disorder
- Elevated suicide risk (suicidal thoughts & feelings)
- Panic disorder
- Insomnia
- Bipolar II
- Phobia
- Social anxiety disorder
- Obsessive-compulsive disorder
- Post-traumatic stress disorder
- Seasonal affective disorder
- Postpartum depression
- Premenstrual dysphoric disorder
- Acute stress disorder
- Persistent depressive disorder

We do not treat patients with:

- Bipolar disorder with symptoms of mania
- Substance abuse as a primary diagnosis
- Schizophrenia or psychosis
- Unstable eating disorders
- Inability to communicate verbally
- History of violence against caregivers

We do not prescribe controlled substances or conduct assessments for ADHD.



Who are your providers?

Brightside providers are handpicked for their ability to provide best-in-class mental health care. Our national provider network is made up of psychiatric providers and therapists.



Can a care team member refer a patient?

Yes, a care team member can refer a patient. Patients can also sign up directly at brightside.com/findcare.

Contact our Member Services team for support.

support@brightside.com | 415.360.3348 | brightside.com/findcare