

Online mental health care in as little as 48 hours

Video chat with a provider right from your phone or tablet.



9 out of 10
people feel better within
12 weeks

Great news. You can get mental health care from anywhere.

Ambetter from Peach State Health Plan and Brightside Health have partnered to provide you with expert online mental health care to help you get better, fast.



Medication



Therapy



Both

Start getting care in 3 easy steps

1

Go to brightside.com/findcare to get started

Answer a few questions and book your first appointment.

2

Meet with your provider online

During your first appointment, your provider will get to know you and go over your treatment plan.

3

Start getting better, with support by your side

Your provider will help you every step of the way. If medication is part of your treatment, it will be sent to your local pharmacy.



Join 1:1 video
sessions



Watch
lessons



Track your
progress



Message your
provider

We help people ages 13 and up with:

Worry
Fear
Nervousness
Sadness
Panic
Thoughts of death
Stress
Anger
Parenting
Relationship conflicts
Life changes
Grief or loss
Trouble sleeping
Self-esteem

Get started at brightside.com/findcare



Download the Brightside Health app

