

# Online mental health care in as little as 48 hours

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



It gets **brighter**  
from here.

Get 1:1 help that  
works and lasts.

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

Your health plan, Wellcare, 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](https://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.

## 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

 **Join 1:1 video sessions**

 **Watch lessons**

 **Track your progress**

 **Message your provider**

## What members say about Brightside

“  
**I feel MUCH BETTER!**  
My provider listens to me  
with understanding and  
compassion.  
★★★★★

“  
**I am just blown away by  
how EASY this has all  
been.**  
★★★★★

“  
**Brightside saved my life.**  
Everything changed for  
the better!  
★★★★★

Get started at [brightside.com/findcare](https://brightside.com/findcare)



Download the Brightside Health app

