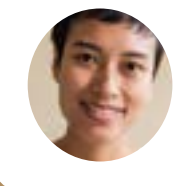


Get back to being you

Stress, panic, and frustration are real ways that anxiety and depression can show up in our lives. Take the first step toward feeling like you again with Brightside Health.



SARAH OWENS
I've been feeling really anxious lately



MARIE STANTON, M.D.
Let's talk about it



Brightside Health and Allegiance have partnered to provide you with virtual in-network mental health care—from anywhere.

Our expert specialists pair empathy with expertise to deliver therapy and psychiatry. Meet with your psychiatric provider or therapist virtually in as little as 48 hours.

Start by taking our free assessment at brightside.com/askallegiance.

We're here to support you every step of the way

- ✓ Video consults with your psychiatric provider as needed
- ✓ Weekly video sessions with your therapist
- ✓ Skill-building therapy lessons and practice
- ✓ Convenient progress tracking
- ✓ Unlimited messaging with your specialists

Getting started with Brightside Health is easy

1. Take our free assessment.

Answer a short set of questions about how you're doing to help us understand your symptoms.

2. Meet 1:1 with your licensed specialist.

Whether you choose therapy, psychiatry, or both, your specialist will work with you on a comprehensive treatment plan.

3. Get online support at your fingertips.

Stay on track with video visits, messaging, and check-ins. Get medication delivered to your door, if prescribed.

Brightside Health members feel better faster, and stay that way longer.

Real stories. Real results.

“

I feel MUCH IMPROVED! The care I have received has been excellent! My medication works well for me, and the personal care I have received has been wonderful! My provider listens to me with understanding and compassion!

TONYA T

★★★★★

“

I am just blown away by how EASY this has all been. Brightside Health makes mental health care effective and accessible.

GINA L

★★★★★

“

I am finally starting to feel like myself again.

JENNIFER S

★★★★★



Get back to feeling like you. Visit brightside.com/askallegiance.