

February 14, 2024

Free Online Behavioral Health Resources for Children and Families

Dear providers,

In January 2024 the Department of Health Care Services (DHCS) launched the Behavioral Health Virtual Services Platform, which consists of two new free services for families with people aged 0-25.

Learn more about these resources here: <https://www.calhope.org/>

The Behavioral Health Virtual Services Platform will help young people aged 0-25 with free one-on-one support with a live wellness coach, a library of multimedia resources, wellness exercises, and peer communities moderated by trained behavioral health professionals.

About the two new virtual programs:

- **BrightLife Kids:** Mental health coaching and resources for parents with kids ages 0-12.
<https://www.hellobrightline.com/brightlifekids>
- **Soluna:** Mental health coaching and resources for teens and young adults ages 13-25.
<https://solunaapp.com/>

Please keep in mind, this is not a replacement for mental health treatments that HPSM covers, but a resource to share with youth and their families. For HPSM's list of behavioral health resources please visit our webpage: <https://www.hpsm.org/provider/behavioral-health>. Primary care providers should use the behavioral health referral form to refer members to mental health treatment: https://www.hpsm.org/docs/default-source/provider-forms/bhrs_referral_form.pdf

Contact HPSM Provider Services at PSInquiries@hpsm.org with any other questions.

Thank you,

The Health Plan of San Mateo