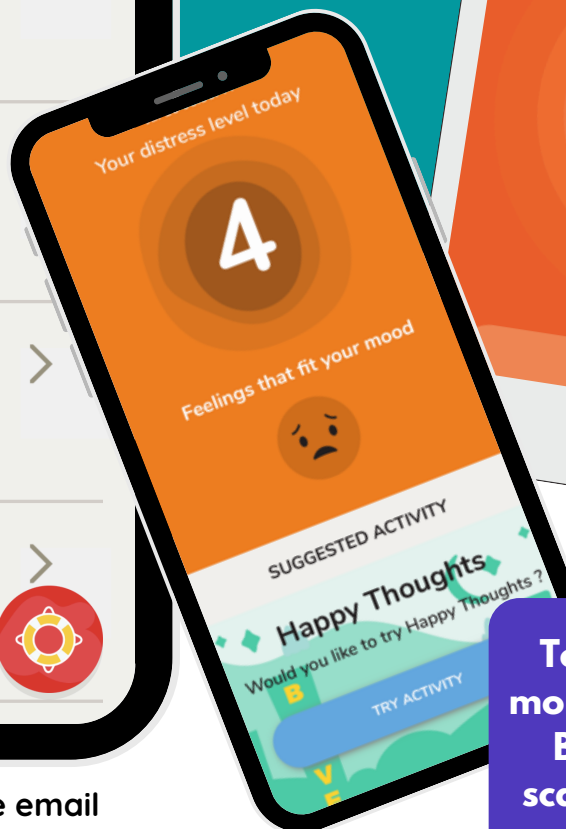
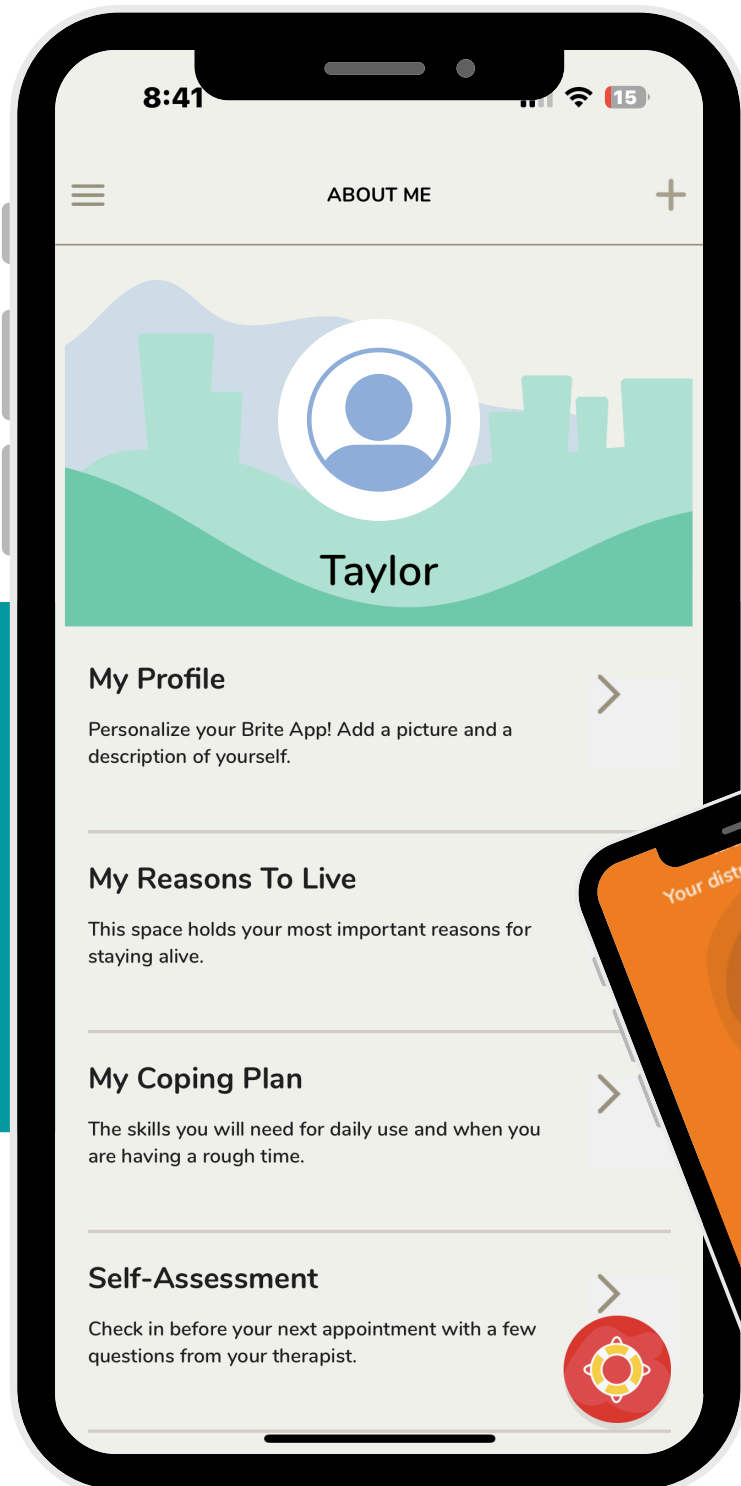


What is BRITE?

BRITE is a free mental health self-care app that can help you learn and use coping skills when you are stressed, overwhelmed, or your emotions are adjusting to change.



For questions about BRITE, please email
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To learn
more about
BRITE,
scan here:

