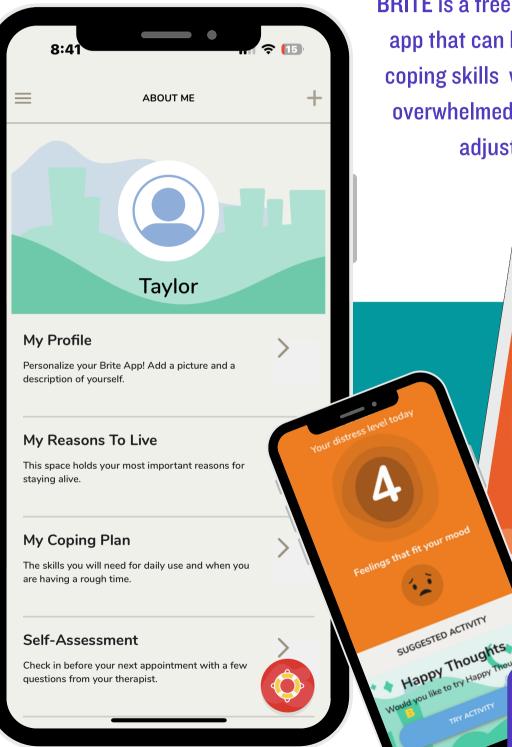
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What is **BRITE**?



For questions about BRITE, please email Brandie Milford-George: georgeba2@upmc.edu 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.

> Good afternoon John! How is your distress level right now? ^{Feb} 14 at 1:49PM

To learn more about BRITE, scan here:

NEXT

