

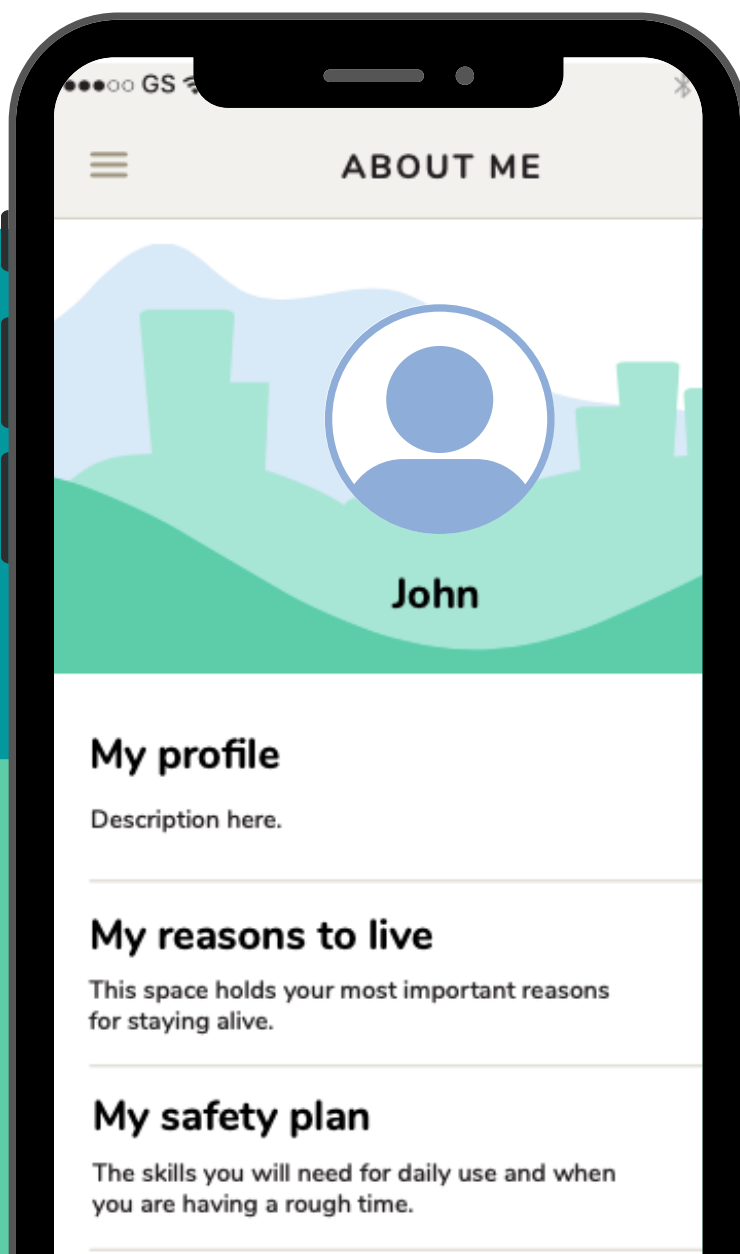


What is BRITE?

BRITE is a free safety planning app that has been adapted to parallel the curriculum your teen is learning in STAR IOP. At the end of each STAR IOP day, your teen will get a notification for a new activity that is designed to reinforce the new skills and strategies your teen learned that day at STAR.

All teens in STAR IOP are enrolled in the BRITE app during their first week of STAR IOP.

Please ask your teen's therapist or call our main office at 412- 246-5619 if you have any questions!



Don't give up. Every day is a new day to recreate yourself.

This space holds the skills you will need for daily use and when you are having a rough time.

SAVE

CANCEL

Reaching out

Call or text your chosen people below when you need to chat with someone.

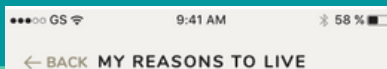
Mom

xxx-xxx-xxxx



Aunt Sally

xxx-xxx-xxxx



You have the power to chose to remain alive.

This space holds your most important reasons for staying alive.

ADD A REASON

EDIT