

Suicide Prevention Program

Specialized online care for suicidal thoughts (ages 18+)



Our short-term Suicide Prevention Program helps you find hope and manage suicidal thoughts. Our specialized therapists provide expert care and guidance—so you can take control and start feeling better from home.



How can I get started?

Click the button below or visit brightside.com/ibxmember to take the assessment. We'll recommend the right next steps for your care.

[Start assessment](#)

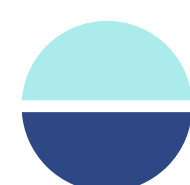
How does the Suicide Prevention Program work?

Your Brightside therapist will meet 1:1 with you in video sessions to build hope, ensure safety, and create a personalized plan to address root causes of suicidal thoughts and feelings. For the program to be most effective, there are a few important commitments:



Initial evaluation

After you take your assessment, you'll book an appointment with a Suicide Prevention therapist. During your first session, you'll meet for 1 hour to discuss your needs and create a treatment plan tailored to you.



Psychiatry with medication

As part of your treatment, you can meet with a psychiatric provider for medication management, changes, and refills. They'll ensure your medication supports your progress.



Weekly sessions

Meet weekly—or more often, if needed—for 55-minute therapy sessions. Regular attendance is key to progress, so please provide at least 24 hour notice if you need to reschedule.



Support beyond the program

Once you complete the program, you and your therapist will decide what's next. You may continue therapy with Brightside or receive a referral to a provider in your community.

We accept insurance

Brightside Health accepts Independence Blue Cross insurance plans. Cost-sharing (i.e., copay, coinsurance, or deductible) may apply based on your benefits.

Independence 

 **Let's get started.**

Go to brightside.com/ibxmember

855.643.9304