



When kids feel better, they do better.

Helping kids build confidence, resilience, and emotional wellbeing.

Trusted Online Therapy for Students Ages 10–19

Daybreak offers **individual teletherapy for students ages 10–19** - helping teens manage stress, build confidence, and strengthen emotional wellbeing at home and school.

Trusted by hundreds of school districts nationwide, Daybreak provides **caring, confidential mental health support** designed to help teens feel better, focus more, and thrive every day.

Skip the waitlist - enroll your teen in online therapy with Daybreak today.



How Daybreak can Help

Private online therapy for kids and teens ages 10+, designed to help them manage stress, emotions, and life's challenges.



Skip the waitlist: Get matched with a therapist in weeks, not months



Convenient & confidential: Sessions from home or school



Proven results: Better focus, attendance, and confidence

“Daybreak really helped my teen through a time of tough transitions. I appreciated the communication with me as a parent, but also the space for my teen to have confidential conversations with someone who wasn't her parent!” - Daybreak Parent

You're there for your child. But you don't have to do it alone.



Request care for your child

Why Families Choose Daybreak

- Builds emotional regulation and healthy coping skills
- Helps reduce stress and anxiety while boosting confidence
- Convenient, confidential online sessions from home or school

Services are billed through insurance, and in some districts, therapy may be fully covered through school partnerships.



Sessions available 8 AM – 8 PM, Monday through Saturday



Scan to get started.



For more information visit daybreakhealth.com