

# Professional therapy, done online.

## BetterHelp makes starting therapy easy and convenient

We have partnered with BetterHelp to support your mental wellbeing by providing you with easy and convenient access to professional therapy online. As a valued member, this benefit is available to **you** free of charge.



### Get Started:

- ① Click the 'Get Started' link in your BetterHelp invite email.
- ② Complete a brief questionnaire to find a therapist that suits your needs and preferences.
- ③ Communicate weekly with your therapist **via phone, video or live chat**. You can even text your therapist whenever you want.



## About BetterHelp:

[FAQ - BetterHelp](#)

### Who are the therapists?

BetterHelp therapists are independently licensed clinicians licensed by their state's professional board after successfully completing the necessary education, exams, and training. The 30,000+ therapists on BetterHelp represent a wide variety of expertise, backgrounds, and therapy modalities.

### How do I book my sessions?

You can use our scheduling tool to book a live session with your therapist - simply choose the date, time and modality (phone, video or live-chat) for your session. You can even text your therapist whenever you want with our messaging tool.