

Professional therapy, **done online.**

BetterHelp makes starting therapy easy and convenient

Griefity has partnered with BetterHelp to support your mental wellbeing by providing you with easy, and convenient access to professional therapy online. As a valued member, you'll receive **One Free Month of BetterHelp plus a 15% lifetime discount.**

Griefity



 **betterhelp**



Get Started:

- ① Click the **'Get Started'** link in your invite email.
- ② Complete a brief questionnaire to find a therapist that suits your needs and preferences. One of your parents/guardians will be sent a separate request for consent.
- 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.

Member Success: contact@betterhelp.com | 888-688-9296