

TALK TO A THERAPIST ON YOUR TIME WITH

# ONLINE THERAPY



## SUPPORT IS MORE CONVENIENT THAN EVER

1. Visit [BetterHelp.com/NewDirections](https://www.betterhelp.com/newdirections) and enter company code:
2. Complete registration and get matched with a therapist
3. Download app and start therapy (message, chat, phone, video)



NEW DIRECTIONS®



**betterhelp**

No cost. Available 24/7. All confidential. 800-624-5544.