We're here for *you*.

betterhelp

Vivian Lee Foundation and BetterHelp are Bringing you Free Therapy

BetterHelp removes the traditional barriers to therapy to give everyone access to affordable and convenient mental health care — 100% online. Vivian Lee Foundation has partnered with BetterHelp to offer 6-months of free therapy to support you and give you a head start on your mental wellness journey.

- **It's convenient.** Wherever you are - via video, phone or text.
- **It's tailored.** We match you with a licensed therapist based on your needs, preferences, and location.

LIVE VIDEO

LIVE CHAT

LIVE CALLS

MESSAGING

Scan to begin therapy.

Get started today.

1. Scan the QR code or go to betterhelp.com/voucher and type in: **vivian-lee-foundation**
2. You'll then be prompted to answer a few questions about your therapy needs and preferences. This helps us match you to the right therapist.
3. Then you can activate your BetterHelp account via email.
4. Most new members are matched with their therapist in as little as 48 hours.

What to expect:

Starting therapy for the first time is something to be proud of, but it can also feel daunting. Here are a few reminders about the process:

- If you are in a crisis or any other person may be in danger - don't use this site. Please visit betterhelp.com/gethelpnow for resources that provide immediate help.
- It's ok to start therapy even if you feel like you don't have lots to talk about. Figuring out your goals is part of the process.
- Your therapist cares about who you are and how you're doing. The relationship between you is where a lot of the most important work happens.
- Switching therapists is totally ok. You can switch anytime and as many times as you need to find the right fit.

Have a question for us? We're here for you. Email us at contact@betterhelp.com