

Wellbeing. Done Well.



Online  
Therapy



## The Benefits

Concern expanded **in-person, phone** and **video** counseling options to include **text therapy, live chat, and secure messaging** through partnership with BetterHelp.

BetterHelp is the nation's largest network of online therapists

Professional, licensed, vetted therapists provide counseling for individuals, couples, and teens. Issues include depression, grief, anxiety, relationships, trauma, and more.

### Members can ...

- Communicate using whatever modality makes them most comfortable — text, chat, phone, or video
- Switch back and forth between modalities while working with their counselor
- Make an easy connection by viewing a counselor's schedule online and selecting an appointment time
- Expect to connect with a counselor within 24 hours from referral



## Why BetterHelp

- Expands access and helps cover geographical areas where there's a shortage of counselors
- Therapists all hold a master's or doctorate degree, are licensed and accredited by their state's professional board, and are experienced:
  - Psychologists
  - Marriage and Family Therapists
  - Clinical Social Workers
  - Licensed Professional Counselors
- Efficacy validated by independent, peer-reviewed clinical study, in the *Journal of Medical Internet Research*

Employees and eligible dependents can request Concern counseling, BetterHelp, and work/life services 24/7 by calling or visiting our website.

Call: 800.344.4222  
[employees.concernhealth.com](http://employees.concernhealth.com)