



WENTE[®]
FAMILY ESTATES

FAMILY OWNED.
FIVE GENERATIONS.
CERTIFIED SUSTAINABLE.

Welcome to BetterHelp

Your home for healing & Growth
with the world's largest online therapy
platform



We have invested in your mental health through access to the world's largest online therapy platform



Over
290 million

Messages,
phone calls,
video sessions

Over **4 million**

People received
therapy



33,000+

Active, licensed
therapists

Types of offerings



Individual
therapy



Couples
therapy



Teen
therapy



So.. what does that mean for you?

24 hours

Average time to first available appointment

4.54/5

Average rating out of 380k+ reviews

98.1%

of members stay with their first match



So.. what does that
mean for you?

A choice for your voice

Video, Phone, or Text/Chat to speak
with your therapist



You might be asking, is therapy right for me?



Workplace
Productivity



Stress,
Anxiety,
Burnout



Parenting



Depression

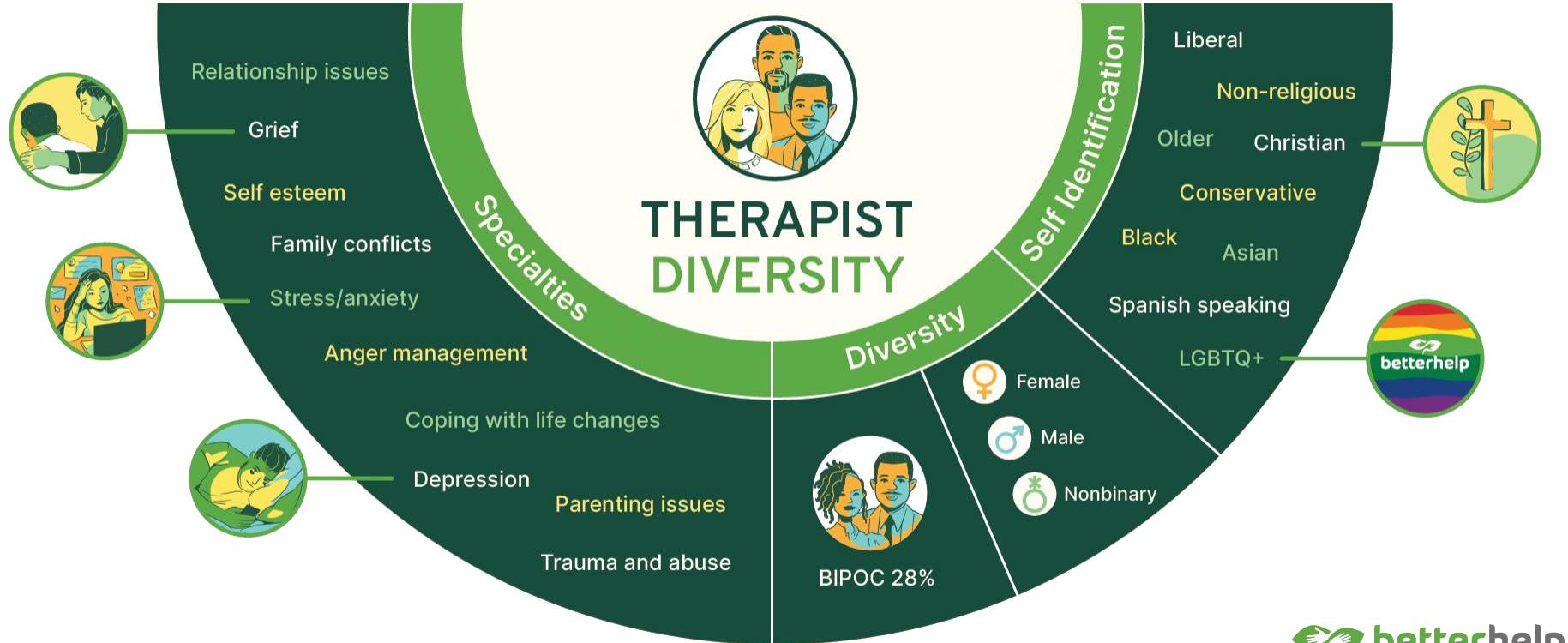


Sleeping

BetterHelp therapists specialize in
over 81 different focus areas,
meaning they can help you through any
number of presenting issues:

- Relationships
- Family conflicts
- Self- Esteem
- Anger management
- Career difficulties
- Intimacy
- Trauma and abuse
- Grief
- Eating
- Addictions
- Bipolar disorder
- LGBTQI+
- And more!

BetterHelp's Therapist Diversity



What is included in my benefit with BetterHelp?

12

Therapy Sessions

Message, live chat, call, and video chat with your therapist.



Journaling

*Can be shared with therapist
Easy daily practice

Groups

500+ available.
Therapist facilitated conversations.
(5-18 members)

Classes

Rotation of 65+ topics
50-200 members join per class

Let's see how this all works



Getting started with
your new benefit

How do I get started?



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.



betterhelp
business

Questions?

Contact us: contact@betterhelp.com

FAQs: <https://www.betterhelp.com/help/>