



BetterHelp is a **leading online therapy platform** with over 28,500 therapists across the U.S., services in 50+ languages, and support in over 200 countries. Through BetterHelp, you can work with a therapist that is specifically assigned to you based on your individual preferences. You can communicate with your therapist via phone, video and live chat, plus you can message your therapist whenever you'd like.

Below are some FAQs about this new benefit. Feel free to reach out to njpayitforward@socialfinance.org for further information at any time.

FAQ's:

Will NJ Pay It Forward or my school know that I am receiving therapy?

No. Your organization will not know who is receiving therapy. They won't have access to your personal data unless you contact them to let them know or provide authorization for them to get this access.

Who are the therapists?

According to BetterHelp:

Therapists on BetterHelp are licensed, trained, experienced, and accredited psychologists (PhD / PsyD), marriage and family therapists (LMFT), clinical social workers (LCSW / LMSW), or licensed professional counselors (LPC). All of them have a Masters Degree or a Doctorate Degree in their field. They have been qualified and certified by their state's professional board after successfully completing the necessary education, exams, training and practice. While their experience, expertise and background vary, they all possess at least 3 years and 2,000 hours of hands-on experience.

What type of services does BetterHelp provide?

BetterHelp offers individual, couples and teen therapy services.