

# We're here for *you.*

## Match with a licensed therapist who can help.

BetterHelp removes the traditional barriers to therapy to give everyone access to affordable and convenient mental health care — 100% online. We're offering three months of free therapy to support you and your mental wellbeing during this time.

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



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](https://betterhelp.com/voucher) and type in: **la-fires-support**
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](https://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.
- 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.