BetterMynd @ NATIONAL LOUIS UNIVERSITY

Try it Out.

Talk it Out.

Asking for help isn't always easy.

It's even harder given the stigmas, prejudices, and discrimination surrounding mental health.

National Louis University is partnered with BetterMynd, an online therapy platform, to offer students access to free online therapy from a diverse network of licensed mental health counselors

What does BetterMynd offer?

In-person appointments	✗
Remote appointments (Zoom) from the convenience of your laptop, smartphone, or tablet	✓
Available during the day, at night, and on weekends	✓
Available over school breaks (e.g. winter break, summer)	✓
Walk-in / emergency visits	✗
Ability to select counselor based on demographics, identities, lived experiences, and specialties	✓

Scan me to register

Learn more and register at www.bettermynd.com