

TALK TO A THERAPIST ON YOUR TIME WITH

ONLINE THERAPY



SUPPORT IS MORE CONVENIENT THAN EVER

1. Visit [BetterHelp.com/NewDirections](https://www.betterhelp.com/newdirections) and enter company code: **Contact Christine Motley**
2. Complete registration and get matched with a therapist
3. Download app and start therapy (message, chat, phone, video)



NEW DIRECTIONS®



betterhelp

No cost. Available 24/7. All confidential. 800-624-5544.