



*Subject: **Online therapy – fresh year, fresh mindset***

You turn to the Employee Assistance Program (EAP) when you need a little help – whether it’s stress, coping with COVID-19, relationships, struggles with finances or time management. Counseling is a great first step to starting to feel more like yourself. With **online therapy**, support is more convenient than ever.

Right now, online therapy is available to you through Talkspace. Starting January 1, you'll have access to enhanced online therapy services as EAP transitions to a partnership with BetterHelp.

### How to access online therapy starting January 1

1. Visit [betterhelp.com/newdirections](https://betterhelp.com/newdirections) and enter your company code or login at [eap.ndbh.com](https://eap.ndbh.com) and select **“Request Counseling.”**
2. Complete registration and get matched with a therapist.
3. Download app and start therapy.

### What's available

An experienced, right-fit counselor is ready to connect with you or a household member and offer support through messaging, live chat, phone or video sessions, digital worksheets, interactive group sessions and goal setting and tracking. Start now or use the session scheduler to connect at a time that works best for you. Learn more here.

## Starting January 1 - try it out!

***Please note:** your EAP now offers online therapy through a new partnership with BetterHelp. Employees originally accessing EAP counseling sessions through Talkspace until April 30, 2021 to complete those sessions with their current therapist, then will need to register with BetterHelp to access additional sessions. For concerns or questions, please connect with the EAP Support Line at 800-624-5544.*

