



## **FOR IMMEDIATE RELEASE**

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### **Equity-Focused Mental Health Nonprofit Partners with BetterHelp to Provide Access to Free Therapy**

**Washington, D.C. - August 23, 2023** - The Mind and Wellness Foundation, a nonprofit organization dedicated to the prioritization of mental health and wellbeing, has announced its partnership with BetterHelp, the world's largest online therapy platform. This collaboration is actively eliminating barriers to care by providing free therapy services for three months to individuals in-need who otherwise would not have access or the ability to pursue life-saving professional counseling.

Individuals can apply on the Mind and Wellness Foundation website, and once approved, will be matched with a licensed therapist from BetterHelp's extensive network in as little as 48 hours. BetterHelp therapists will provide ongoing support and guidance throughout their therapy journey.

As the number of diagnoses for mental health conditions continues to rise in the U.S., it's critical that everyone in need can receive treatment. Through this partnership, individuals facing financial constraints or limited resources will have the opportunity to receive professional counseling services at no cost.

BetterHelp's innovative online platform offers a convenient way to access therapy from licensed professionals. By leveraging its extensive network of experienced therapists, Mind and Wellness Foundation can connect individuals with the right therapist based on their specific needs and preferences.

Services will be available via video calls, phone calls, or messaging, providing flexibility and convenience. This approach ensures that therapy can be accessed from the comfort and privacy of one's home, eliminating geographical limitations and reducing the stigma often associated with seeking help.

"We are thrilled to partner with BetterHelp to expand our reach and provide free therapy services to those who may not have had access otherwise," said Deneen Vaughn, Founder, CEO and Executive Director of Mind and Wellness Foundation. "Mental health care should be a right, not a privilege, and this partnership aligns perfectly with our mission to promote well-being and ensure that everyone has the support they need."

To apply, Go to [betterhelp.com/voucher](https://betterhelp.com/voucher) and type in: **mind-and-wellness** to begin your therapy.

Mind and Wellness Foundation and BetterHelp are committed to breaking down barriers and making mental health support accessible to all. By offering free therapy services for three months, they aim to empower individuals to prioritize their mental well-being and seek the help they deserve.

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#### **About Mind and Wellness Foundation:**

Mind and Wellness Foundation is a 501(c)(3) nonprofit organization dedicated to promoting mental health and well-being. Through education, advocacy, and community support, the foundation strives to break down barriers and ensure that everyone has access to the resources and support they need to thrive.

#### **About BetterHelp:**

BetterHelp is the world's largest online therapy platform, providing convenient access to licensed therapists through video calls, phone calls, and messaging. With a mission to make professional counseling accessible, affordable, and convenient, BetterHelp is committed to helping individuals improve their mental health and well-being.