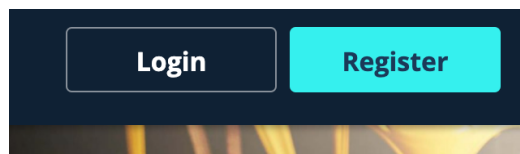


REGISTRATION

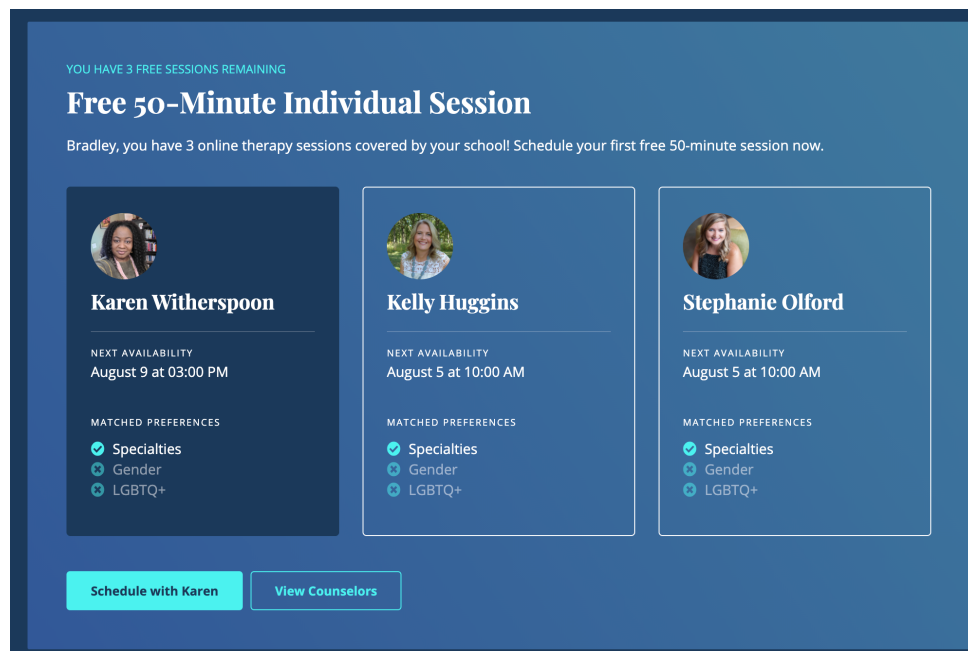
1. Go to <https://www.bettermynd.com> and click on the “Register” button at the top right of the screen.



2. Fill out the requested fields and then click “Sign-Up”.
3. Check your email inbox for a verification link.
NOTE: If you didn’t receive an email, check your SPAM folder. Still having issues? Email us at students@bettermynd.com.
4. Create your password and complete your confidential BetterMynd profile.

SCHEDULING SESSIONS


Once you’ve created your BetterMynd profile, you can review and schedule with the available counselor of your choice right from your home dashboard.

A screenshot of the BetterMynd dashboard. At the top, it says "YOU HAVE 3 FREE SESSIONS REMAINING". Below this is a section titled "Free 50-Minute Individual Session" with a subtext: "Bradley, you have 3 online therapy sessions covered by your school! Schedule your first free 50-minute session now." There are three counselor cards displayed. Each card includes a profile picture, name, next availability, and matched preferences. The first card is for Karen Witherspoon, available on August 9 at 03:00 PM. The second is for Kelly Huggins, available on August 5 at 10:00 AM. The third is for Stephanie Olford, available on August 5 at 10:00 AM. All three counselors have matched preferences for Specialties, Gender, and LGBTQ+. At the bottom, there are two buttons: "Schedule with Karen" and "View Counselors".

YOU HAVE 3 FREE SESSIONS REMAINING

Free 50-Minute Individual Session

Bradley, you have 3 online therapy sessions covered by your school! Schedule your first free 50-minute session now.




Karen Witherspoon

NEXT AVAILABILITY
August 9 at 03:00 PM

MATCHED PREFERENCES

- ✓ Specialties
- ✗ Gender
- ✗ LGBTQ+




Kelly Huggins

NEXT AVAILABILITY
August 5 at 10:00 AM

MATCHED PREFERENCES

- ✓ Specialties
- ✗ Gender
- ✗ LGBTQ+



Stephanie Olford


NEXT AVAILABILITY
August 5 at 10:00 AM

MATCHED PREFERENCES

- ✓ Specialties
- ✗ Gender
- ✗ LGBTQ+

[Schedule with Karen](#) [View Counselors](#)

By clicking on a counselor's name, you can see their full biography, mental health specialties, as well as their upcoming availability.



Stephanie Olford
Counselor
stephanieolford@gmail.com

+19012395541
Send a Message

Schedule

Bio/About

"We are born in relationship. We grow in relationship. We are wounded in relationship. And we are healed in relationship." - Harville Hendrix. My philosophy for counseling is to help my clients feel heard, grow in self-awareness and compassion, and heal from adversity life throws at them. As physical, mental, emotional, and spiritual beings, my goal is to come alongside you as we work together toward health, healing, and recovery. I work with children, adolescents, and individual adults. I am certified in psychological first aid and trauma focused cognitive behavioral therapy for children. I work with a variety of presenting issues including anxiety, depression, codependency, relationship issues, grief, trauma, and spiritual issues. From the beginning, I focus on building a strong collaborative relationship and helping equip you with practical skills to help you feel empowered. If you decide I will be a good fit for you, I promise to provide a safe space with a caring, relaxed, and calm presence. I would love to help you on your journey toward growth and healing.

Specialties

Academic Distress Depression Eating Disorders Family Distress
General Anxiety Relationship Issues Social Anxiety Stress

States Licensed to Practice

Illinois (IL)

By clicking "Schedule", you can review the counselor's openings to request an appointment time that works for you. Counselors have 24 hours to then confirm your appointment request, at which point you will receive a conformation email.

APPOINTMENT TIME

Select Appointment Time

This Week

Wednesday, August 4	Thursday, August 5	Friday, August 6
Morning 0 Available Times	Morning 4 Available Times	Morning 7 Available Times
Afternoon 0 Available Times	Afternoon 9 Available Times	Afternoon 12 Available Times
Evening 0 Available Times	Evening 3 Available Times	Evening 3 Available Times

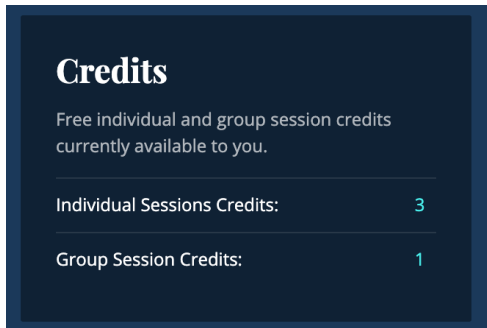
Appointment Date: August 5 at 06:00 PM EDT

If you make an appointment with a counselor, they will be able to see information from your mental health survey and profile.

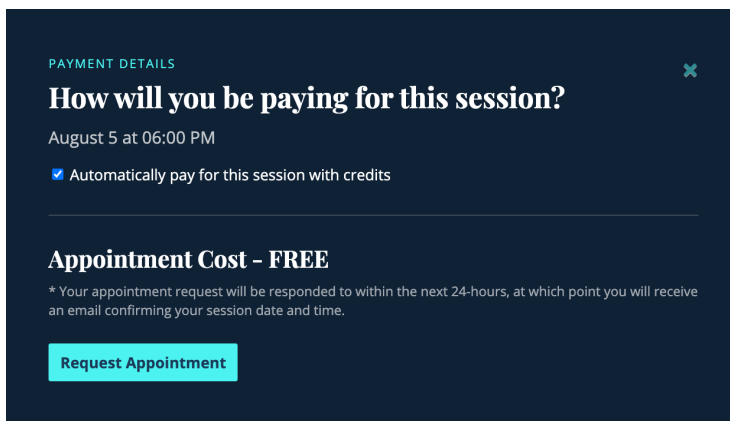
Next

SESSION CREDITS, PAYMENTS & INSURANCE

Students can see how many session credits they have available to them from their home dashboard.



If a student has available session credits, they will be automatically applied to their payment when requesting an appointment.



Students who do not have any session credits available to them are able to self-pay using any major credit card at a rate of \$85 per session.

Unfortunately, BetterMynd does not currently directly process insurance claims on our platform.

If you would like to be reimbursed by your health insurance company, your counselor will provide you with a reimbursement receipt at the end of your session, which you can then use to submit your claim.

Coverage and reimbursement rates vary by insurance carrier, so we recommend you first look at your plan's enrollment materials, or any other information you have on the plan, to see what the coverage levels are for your benefits. Additional insurance help can be found [here](#).

ADDITIONAL SUPPORT

If you have any questions about BetterMynd's services, please feel free to send us an email at **students@bettermynd.com** and we are happy to help.