



**BetterMynd @**



**BANTAMS**  
**USC UNION**

# Free therapy, wherever the semester takes you



**You choose your counselor –  
someone who understands your story**



**Flexible scheduling –  
evenings, weekends, and holidays**



**Confidential and convenient –  
no travel, no waitlists, no cost**



Scan the QR code using your camera to begin registration

# How to Register for BetterMynd In less than 5-Minutes



**Open the camera app on your phone, then scan the QR code in the upper right-hand corner.**

Tap the notification that pops up to open the link and proceed with registration. If you don't have access to a camera, you can register via single sign-on at this link: <https://app.bettermynd.com/?idp=UniversityOfSouthCarolina>

01



**You now have a BetterMynd account! Read the terms and conditions.**

Then fill out a few brief questions about yourself.

02



**Take a brief intake survey.**

This allows BetterMynd to help match you with the best counselors and resources for your specific needs.

03



**You now have access to your student dashboard. View counselors and schedule your first session.**

This is also where you'll attend your online therapy sessions.

04

## Pro Tips

**Be sure to monitor your Credits.**

Credits allow you to book individual online therapy sessions. Your available credits can be found on the left-hand side of your dashboard under the "Credits" tab.

**Questions or concerns?** Email [support@bettermynd.com](mailto:support@bettermynd.com) and the BetterMynd team will assist you.



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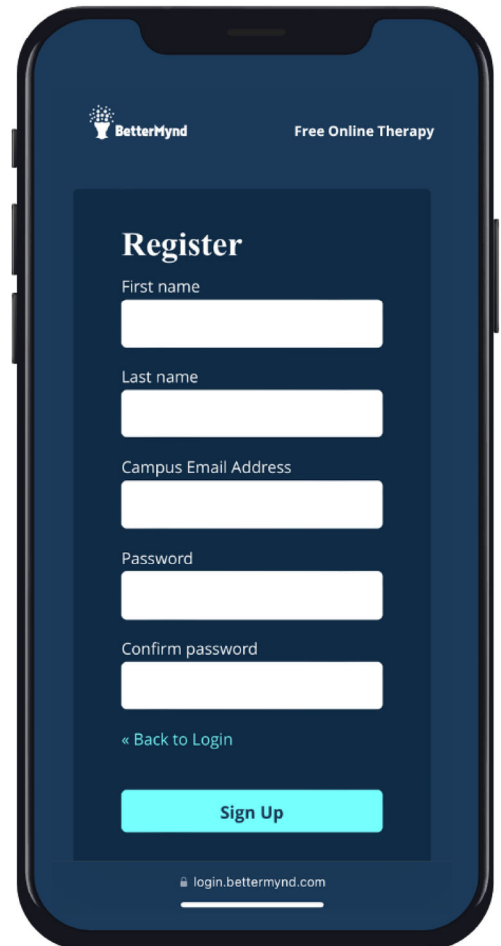
# HOWEVER YOU'RE DOING, THERE'S **A WAY** **TO GET SUPPORT**

*Free online therapy + 24/7 support line*

## Want to talk one-on-one?

**Online Therapy** – private 50-minute sessions, free to you

- ✓ Choose your own counselor
- ✓ Sessions on your own time
- ✓ Confidential and judgment-free



## ALSO INCLUDED WITH YOUR ACCOUNT



**Need support right now ?**

**24/7 Support Line: call 844-287-6963 anytime**

## Access BetterMynd with your school email

*Scan the QR code to log in or register — it takes less than 5 minutes*

[bettermynd.com](https://bettermynd.com)





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## WHAT BETTERMYND OFFERS

# Support that fits into your life



**Private, confidential sessions with a licensed counselor**

*50-minutes, on video, free to you*



**Meet from anywhere**

*Laptop, phone, or tablet – day, night, weekends, school breaks*



**A counselor who fits you**

*Choose by identity, lived experience and specialty*



**Support at any hour**

*24/7 Support Line, no appointment needed*

### Getting started takes less than 5 minutes

Scan the QR code on the front, log in or create your account, and take a short intake survey. Then book a session from your dashboard anytime.

## Need to talk right now?

Call **844-287-6963** – to talk to a licensed counselor for 24/7 support



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# HOWEVER YOU'RE DOING, THERE'S A WAY TO GET SUPPORT

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## Talk one-on-one

Online therapy - 50minutes, on video, free to you



## Need support right now?

24/7 Support Line - call 844-287-6963 anytime



BetterMynd

Free Online Therapy

## Register

First name

Last name

Campus Email Address

Password

Confirm password

[« Back to Login](#)

[Sign Up](#)

[login.bettermynd.com](https://login.bettermynd.com)