

How to Register for BetterMynd In less than 5-Minutes

Scan the QR code using your camera to begin registration



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=MCTC>

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. You can also browse upcoming wellbeing workshops and reserve your spot.

04

Pro Tips

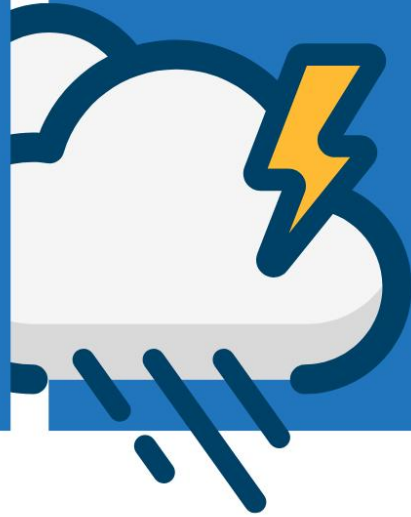
Be sure to monitor your Credits.

Credits allow you to book individual online therapy sessions and wellbeing workshops. 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 and the BetterMynd team will assist you.



**DO YOU NEED
SUPPORT
NOW?**



If you're experiencing a mental health crisis,
immediate help is only one phone call away - available 24/7/365

**Mountwest Community and Technical
College students call**

**844-BTR-MYND
(844-287-6963)**



Call any time of the day, night, and weekend
- year-round - and receive immediate help from a
trusted and supportive counselor when you need it



MENTAL HEALTH IS HEALTH



So come get mentally "fit" with fellow students!



Stress Management 101 9 Spots Left!

With: Dr. Martecia Oates

When:

Matched Topics: Stress

Other Topics: Academic Distress

[Learn More](#) [Reserve My Spot](#)



Navigating Academic Distress 25 Spots Left!

With: Carolina Carbajal

When:

Topics: Academic Distress

[Learn More](#) [Reserve My Spot](#)



How to identify and feel emotions 101 3 Spots Left!

With: Jaeyong Cho

When:

Matched Topics: Depression

Other Topics: General Anxiety, and Academic Distress

[Learn More](#) [Reserve My Spot](#)



Developing Positive Self-Esteem 11 Spots Left!

With: Crystal Widmann

When:

Matched Topics: Stress, and Depression

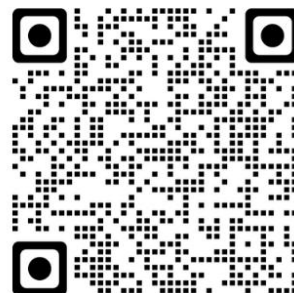
Other Topics: Social Anxiety, General Anxiety, and Academic Distress

[Learn More](#) [Reserve My Spot](#)

Join a FREE upcoming Wellbeing Workshop!

- 1-hour live sessions held over Zoom
- Led by licensed counselors who educate and empower you on mental health topics and treatments
- 20+ workshops every month - log in to your student dashboard to check out upcoming topics
- Unlimited access - so join as many workshops as you'd like!

Scan me to sign up



Learn more and sign up at www.bettermynd.com



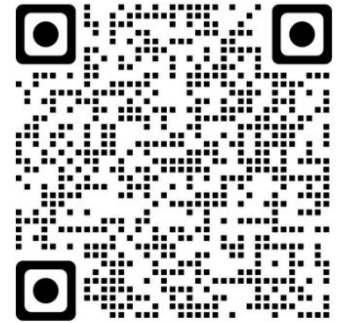
Try it Out.
Talk it Out.

MENTAL HEALTH IS HEALTH

Going to therapy is a sign of

- ✓ Strength (*not* weakness)
- ✓ Self-care (*not* self-indulgence)
- ✓ Self-respect (*not* shame)

You deserve to feel safe and supported.



Scan me to register

**Mountwest Community and
Technical College students
get FREE 50-minute online
therapy sessions**

**Something on your mind?
Online therapy can help.**

Learn more and register at www.bettermynd.com