

Professional therapy, done online.

BetterHelp makes starting therapy easy and convenient

Amplify Horse Racing has partnered with BetterHelp to support your mental wellbeing by providing you with easy and convenient access to professional therapy online. As a member, this benefit is available to you **free of charge**.



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Get Started:

- ① Click the 'Get Started' link in your invite email or scan this qr code and enter "9b8d2"
- ② Complete a brief questionnaire to find a therapist that suits your needs and preferences.
- ③ Communicate weekly with your therapist **via phone, video or live chat**. You can even text your therapist whenever you want.



About BetterHelp:

[FAQ - BetterHelp](#)

Who are the therapists?

BetterHelp therapists are independently licensed clinicians licensed by their state's professional board after successfully completing the necessary education, exams, and training. The 20,000+ therapists on BetterHelp represent a wide variety of expertise, backgrounds, and therapy modalities.

How do I have my sessions?

You can use our scheduling tool to book a live session with your therapist - simply choose the date, time and modality (phone, video or live-chat) for your session. You can even text your therapist whenever you want with our messaging tool.