

How to Register for BetterMynd In less than 5-Minutes



Visit www.bettermynd.com and click "Register" in the upper right hand corner.

01

Be sure to use your campus email address.
Check your email to verify it.



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

02

Then fill out a few brief questions about yourself.



Take a brief intake survey.

03

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



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

04

This is also where you'll attend your teletherapy sessions. You can also browse upcoming wellbeing workshops and reserve your spot.

Pro Tips

Be sure to monitor your Credits.

Credits allow you to book individual teletherapy sessions and wellbeing workshops. Your available credits can be found on the right-hand side of your dashboard under the "Credits" tab.

Questions or concerns? Email support@bettermynd.com and the BetterMynd team will assist you.