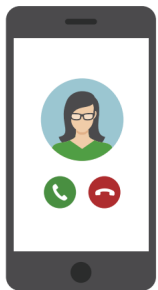


Convenient, affordable, private online therapy for members

Talk with a licensed, professional therapist online anytime, anywhere



CCCBA has partnered with BetterHelp to support you and your wellbeing by providing you with easy and convenient access to professional therapy services online. As a member of CCCBA, this benefit is available to you **free of charge for one month.**



Live Telephonic Sessions



Live Video Sessions



Asynchronous Messaging



Live Chat Sessions

It's professional.

Just like seeing a therapist in a clinical setting, BetterHelp allows you to connect with your therapist in a safe and private online environment. All therapists are licensed, accredited professionals. Anything and everything you share is confidential.

It's accessible.

Access your private chat room on any device with internet connection at anytime. Easily schedule your live sessions to a day and time that works around your busy schedule. Simple :)

It's convenient.

Do it at your own time and at your own pace, on your lunch break or over the weekend. Communicate with your therapist as often as you want and whenever you feel it's needed via text, talk, phone, & video.

Talk to a therapist today!

1. Visit <https://www.betterhelp.com/cccba>
2. Complete a brief questionnaire to find the right therapist for you based on your preferences/needs
3. Communicate with your therapist via text, chat, phone or video



Contra Costa County
Bar Association

