

# Who we are:

BetterMynd is an online therapy platform for college students that aims to increase accessibility to mental health services and reduce stigma surrounding mental distress in young adults.



# How it works:

As a Florida Gateway student, you can access free counseling sessions using BetterMynd. Register for an account, take the short survey, and you will be matched with counselors that fits your unique preferences and goals.



**Register today at [www.bettermynd.com](http://www.bettermynd.com)**