

How can I benefit from Therapyside?

Online Therapy Instructions

10 Therapy Sessions free of charge

Kaplan cares about your well-being. That's why we've partnered with Therapyside to offer you 10 online therapy sessions per year. Enjoy a high-quality, convenient service tailored to your needs.



A Safe and 100% Confidential Space

Your privacy is our priority. Only you and your therapist will have access to what you share during your video calls, which are encrypted end-to-end.

No one from your company will have access to your personal information, preferences, or activity on Therapyside.



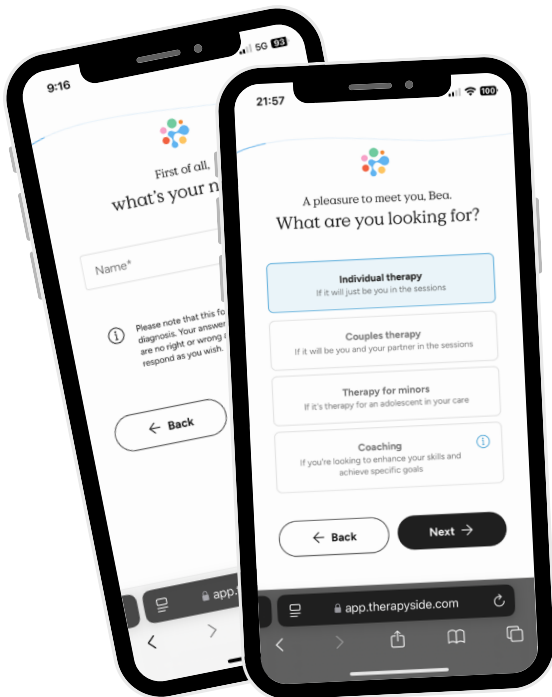
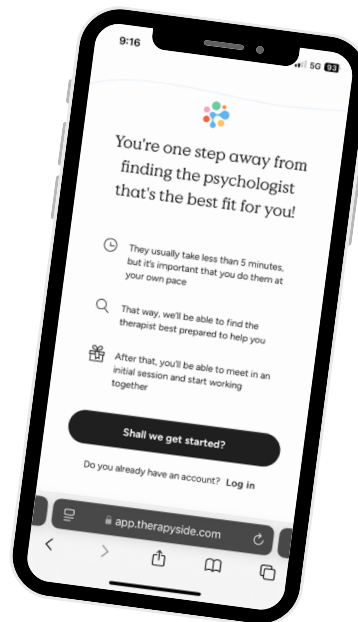
How to Get Started step by step

Private Access for Kaplan:

Visit the website and click the ["Get Started"](#) button to complete the form with your preferences.

01

The service is available in **Spanish, English and Italian**. Choose the language you feel most comfortable with, and then click "Get Started."



02

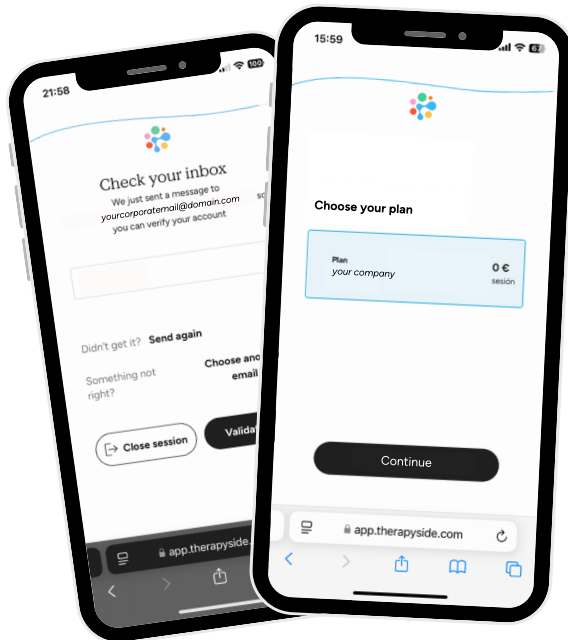
Fill out the form with your details and preferences (e.g., availability, reason for consultation).

Your responses are **100% confidential, and your private** information will not be shared with your company. Feel free to answer openly.

How to Get Started step by step

03

Once the form is complete, register using your **corporate email address** [@kaplan.com, @esleducation.com or @apladia.com] to create an account.



04

Finally, check your inbox and verify your account with the code we send you.

Select your **Kaplan plan**, and you're ready to go!

You are all set!



01. Assignment of a Therapist

We'll assign you the **best-suited professional** based on your preferences. You can enjoy **10 50-minute video sessions** free of charge, along with private chat access to communicate with your therapist anytime.

02. What if I need more sessions?

If you require more sessions after completing your **10 free ones**, please get in touch with your HR Business Partner. Each case will be reviewed to determine whether additional sessions can be offered at no cost.

If further free sessions aren't an option, **you'll receive a discount** on the standard price listed on Therapyside's website.

03. Want to help your family and friends take care of their well-being?

Share the code **KAPLANFAM** with them so they can also enjoy a discount on the standard price listed on Therapyside's website.



Before you get started... Remember!

- Sessions are automatically scheduled for consecutive weeks. If you need to space them out, simply request a **PAUSE** from your therapist!
- In case of doubt, reach out to Therapyside through this [form](#).



Therapyside makes it easy to access high-quality psychological support through online therapy. With the primary goal of placing mental health at the forefront, it works to bring psychology into people's daily lives and contribute to its destigmatization, helping to break down barriers that hinder access to therapy and serving as a meeting point between psychology professionals and those individuals who want to enhance their emotional well-being.

