



User's Guide for 1-to-1 sessions

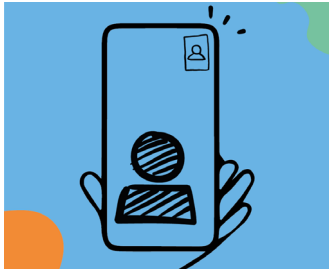




How can I benefit from Therapyside?

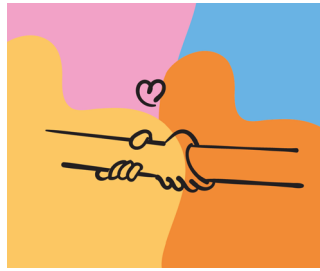
Therapyside is the **leading online psychology platform**. We help organisations improve their professionals' emotional wellbeing through different solutions with a quality, convenient service that adapts to their needs.

Job&Talent is committed to improve the wellbeing of its employees and has partnered with Therapyside offering its professionals access to personalized therapy free of charge.



Unlimited sessions free of charge

Enjoy as many **50-minute video sessions** as you need, as well as a **private chat** with your therapist.



Safe space

Only you and your therapist will have access to the information exchanged through the video sessions, as they are encrypted end-to-end to **ensure your privacy**.



100% confidential

No one from Job&Talent will have access to the personal data, preferences or particular situations that you share with Therapyside, nor will we be notified of your individual activity on the platform.

User's Guide for job&talent

01



Private Access for J&T

[Access here](#) via your computer or mobile device. Click on the 'Start Now' button and complete the form with your preferences.

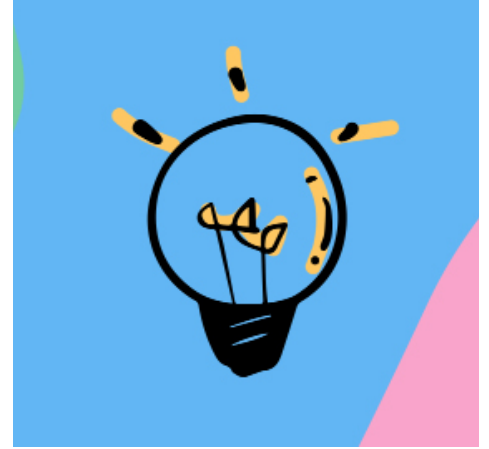
02



Fill out the form

Complete the form in your **preferred language**. You can change it on the first screen. *[See step-by-step access instructions below]*

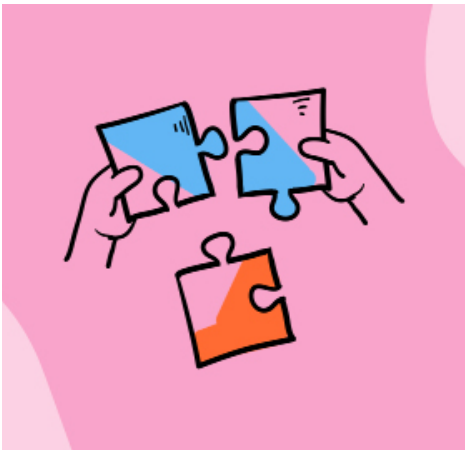
03



Verify your corporate email

Register with your corporate email [[@jobandtalent...](#)] when prompted. After verifying your email, select **your company plan**, and you're ready to get started!

04



Assignment of a Psychologist

Once you've completed the form, we'll assign you to the **most suitable professional** based on your preferences. **You can start now!** Enjoy your **50-minute** video sessions, along with a **private chat** to get in touch with your therapist at any time.

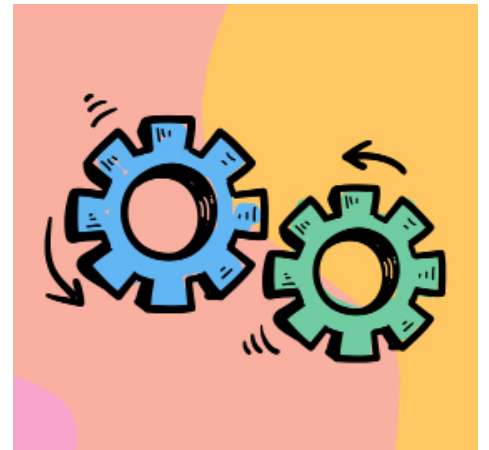
05



Family discount code

Do you want to help your **family and/or friends** take care of their emotional well-being? Share the code **JATFAMILY** with them so they can access a flat rate of **£40 per session in English, 36€ in Spanish and 40€ in Italian**.

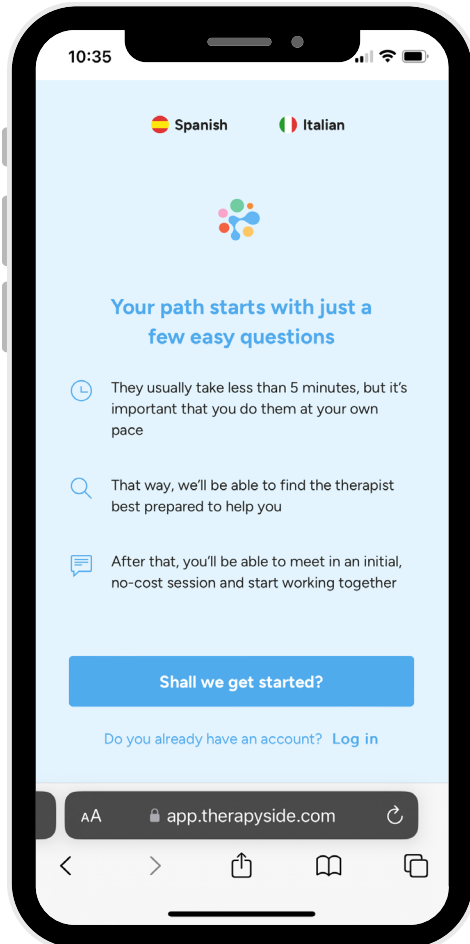
06



Have any questions?

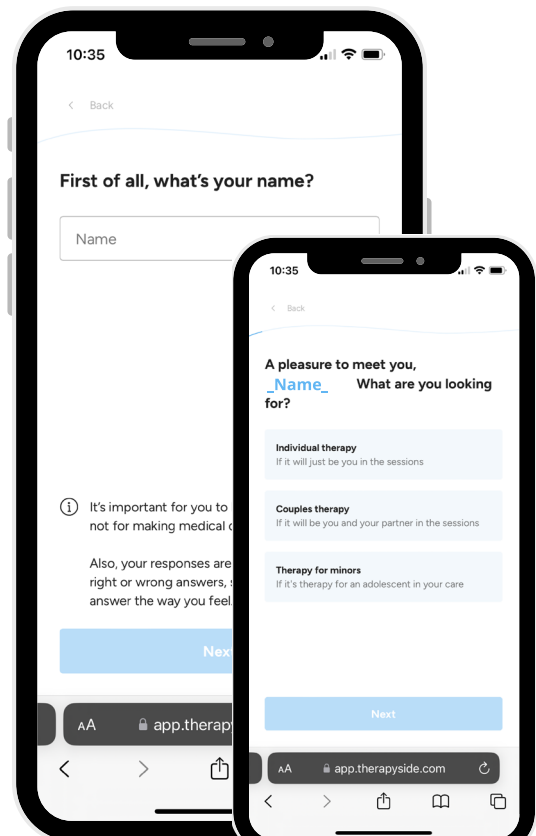
For any doubts or questions, do not hesitate to contact our support team through this [form](#) or at help@therapyside.com.

How to Access Step by Step



01

Select the **language you feel most comfortable** with and then click 'Start'.



02

Complete the form with your **details and preferences** (*availability, reason for consultation, etc.*).

Remember that your answers are confidential and under no circumstances will your private details be shared with Job&Talent.

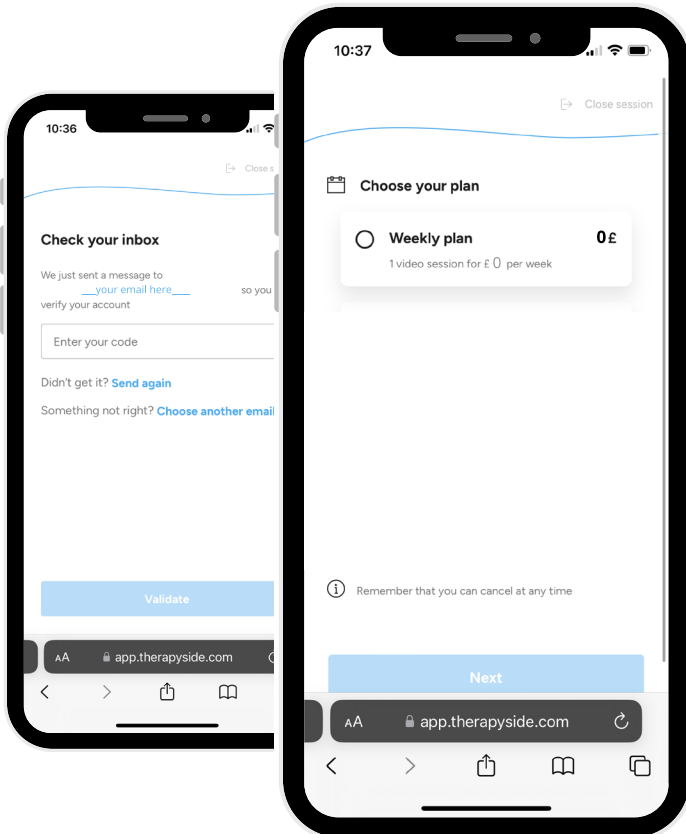
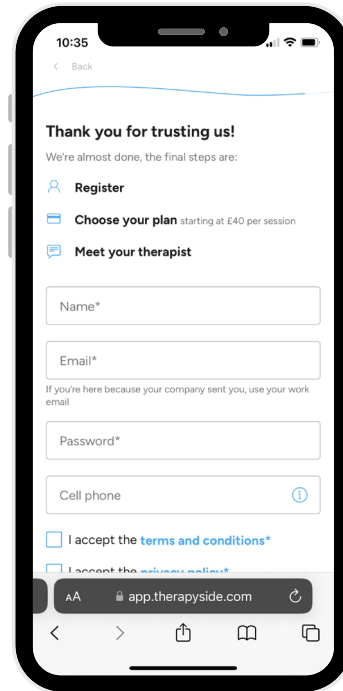
Please feel free to answer truthfully.

How to Access Step by Step

03

Once the form is completed, register with your **corporate email** to create an account.

Check your inbox and verify your account with the **code** we will send you.



04

After entering your code, the company plan for Jobandtalent will appear.

You will be assigned to the most suitable professional based on your preferences, and **everything is ready to start!**

Remember! Video sessions are scheduled automatically for consecutive weeks. If you need to space them out more, request a **BREAK** from your therapist!



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.

