

How can I benefit from therapyside?

Online therapy user's guide

1-to-1 sessions at no cost

Job&Talent is committed to your wellbeing and has partnered with Therapyside to offer you **unlimited online therapy sessions**. A high-quality, comfortable service that adapts to each individual's needs.

Safe space and 100% confidential

Your privacy is the most important aspect. Only you and your psychologist will have access to what you share in the sessions, as they are encrypted point-to-point.

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



How is this benefit offered *by Job&Talent*?

Job&Talent supports emotional wellbeing as a key part of its culture, seeking a real impact on people's everyday lives.

Therefore, the company covers **all the online therapy sessions you need** with the professional you truly feel comfortable with.

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

Share the code **JATFAMILY** with them so they can also enjoy the flat rate of **37€ per session in Spanish, £41 in English and 41€ in Italian.***

JATFAMILY



Guidelines for proper use

This benefit will remain available whenever you need it. Below are some simple **usage guidelines:**

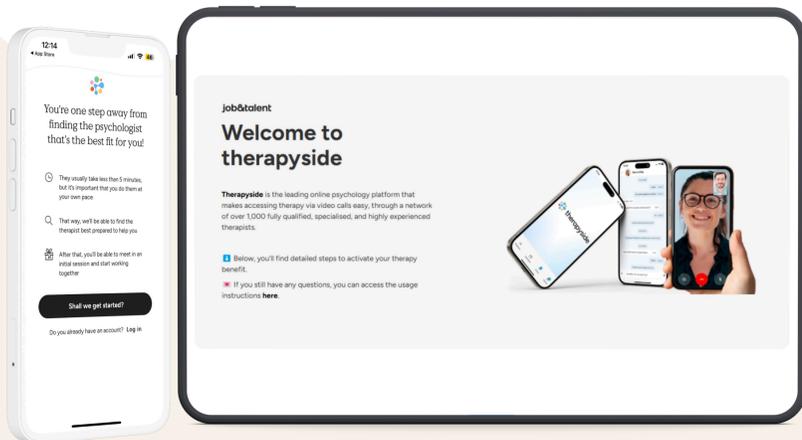
- *If you cannot attend a session, please ask your therapist to **PAUSE** your subscription and cancel with at least 24 hours notice. Otherwise, the session may be considered completed.*
- *If you stop attending and do not reply to communications, your therapist may close your account to free up the slot. If you decide not to continue, please let them know.*

How to access *step by step*

01.

You'll access the Therapyside page for Job&Talent and **fill out a form with your details and preferences** (availability, reason for consultation, etc.)

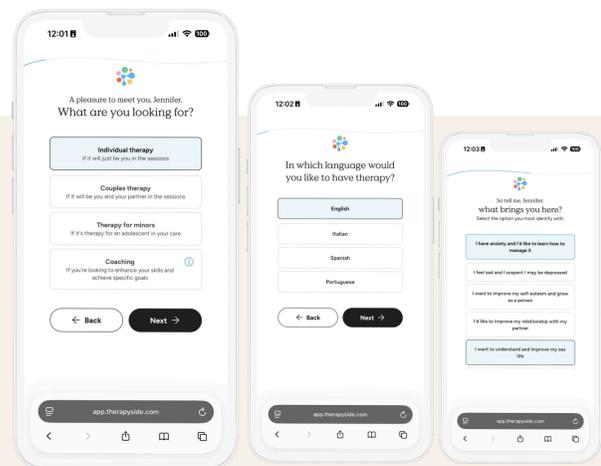
Remember, your responses are confidential and your personal data will never be shared with your company. Feel free to answer honestly.



02.

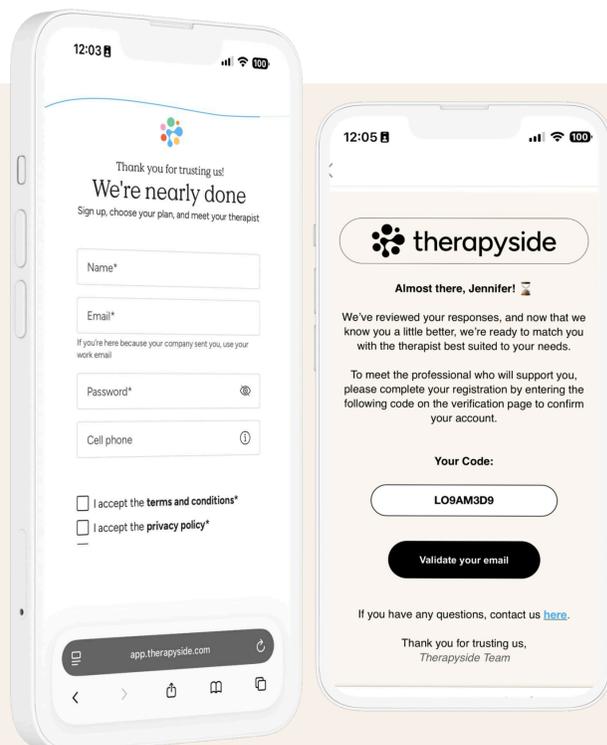
Your company plan is available in **Spanish** (includes Catalan, Basque and Galician), **English and Italian.**

Select the language you feel most comfortable with for therapy, then click "continue".



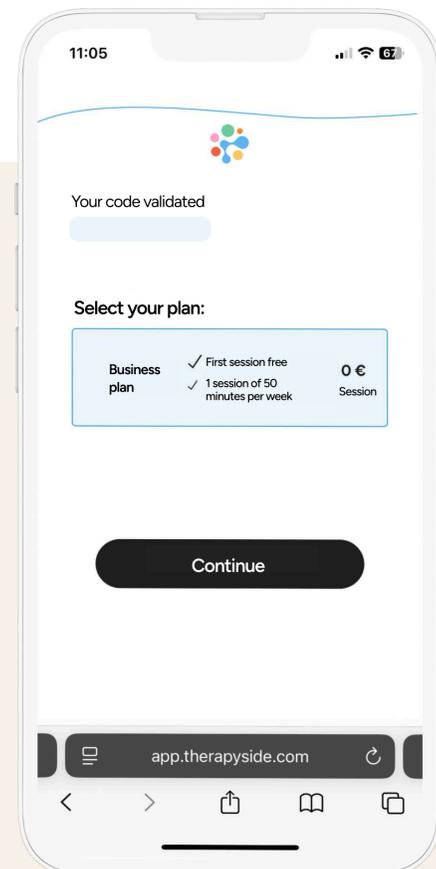
03.

Once you've completed all questions, register using your **corporate email** [**@jobandtalent...**] to create your account and validate it using the **unique code** sent to your inbox.



04.

Finally, **select your company plan.** We'll connect you with your therapist and you're all set to begin!



You can now access to your **therapyside** benefit

Private access for Job&Talent:

Click the button below to go to Therapyside's website. Once there, click "**Get started**" and complete the form with your preferences.

[Access Therapyside](#)

We'll match you with the best professional for you

Based on your answers in the form, we'll assign you **the therapist who best fits** your preferences and needs.

Once connected, you'll be able to communicate anytime through a private chat and enjoy your **free 50-minute sessions**.



Support team of Therapyside

In case of doubt, reach out to Therapyside through this [form](#).

[Contact support](#)

**If a user has a previous rate, they will be able to keep it until their current therapy process is completed.*



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

