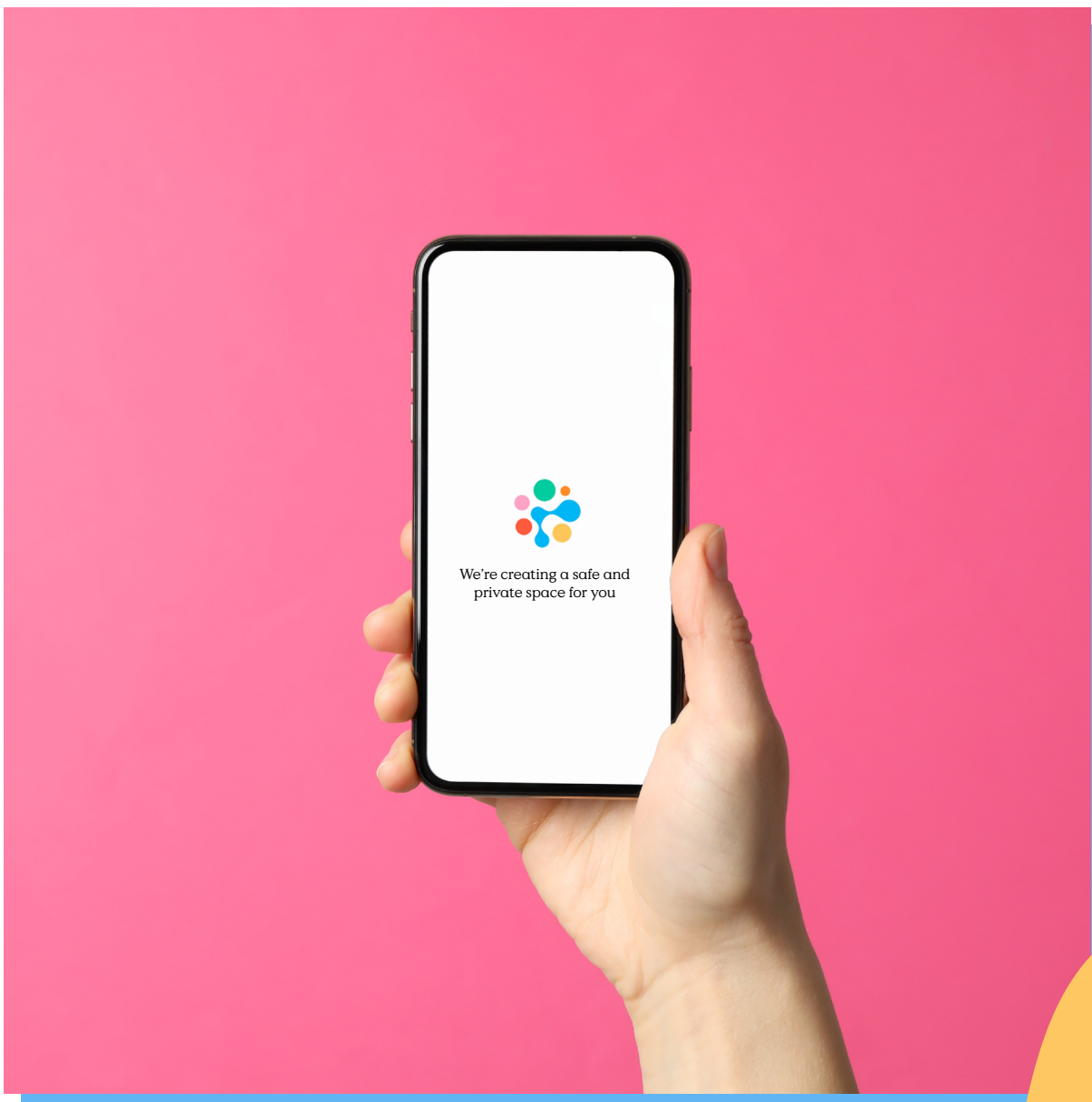




## User's Guide for 1-to-1 sessions



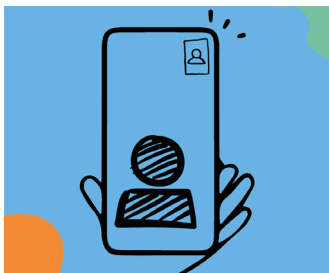


## How can I benefit from Therapyside?

If we have learned anything from the pandemic, it is important to take care of our mental health. We must value our health and wellness as much as we value anything, if not more.

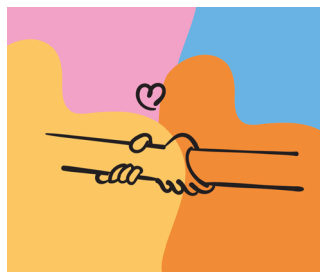
Mental health includes our emotional, psychological, and social wellbeing. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Therefore, we have partnered with Therapyside to give you access to a licensed therapist or coach, anytime and anywhere you are. Because it's the Lingokids way!



**3 sessions** free of charge

After completing your **3 sessions** provided by Lingokids, you will be able to benefit from a flat rate of **£40 per session in English or 36€ in Spanish**.



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 Lingokids 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 LINGOKIDS

01



## Private Access for Lingokids

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

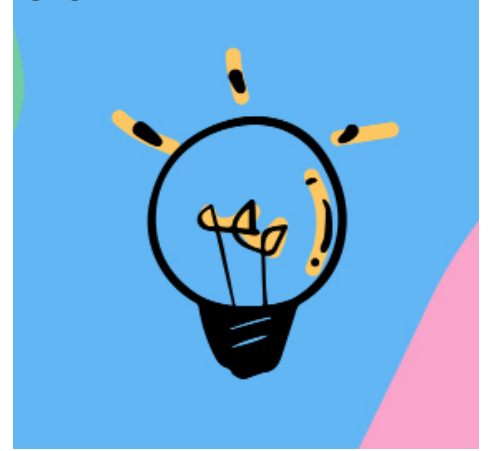
02



## Fill out the form

Complete the form in **English or Spanish**. You can change it on the first screen. *[See step-by-step access instructions below]*

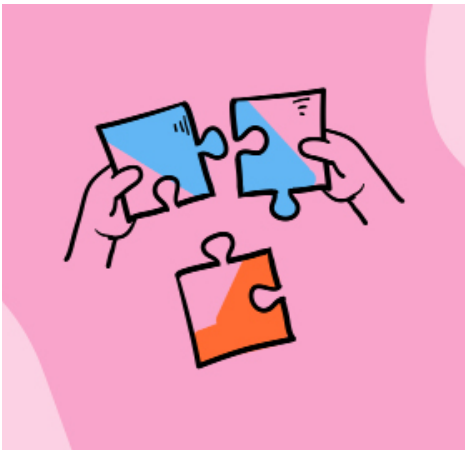
03



## Verify your corporate email

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

04



## Assignment of a Therapist

Once you've completed the form, Therapside will 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.

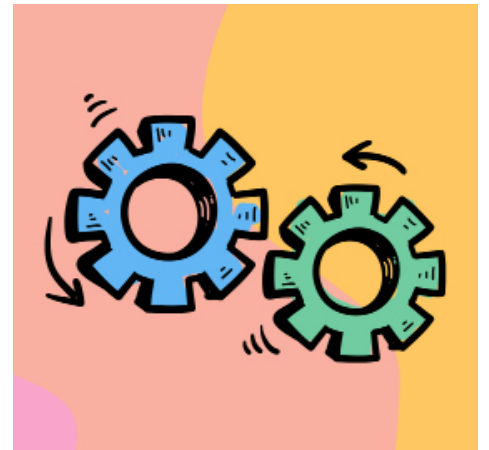
05



## What if I need more sessions?

After completing your **3 sessions**, you will be able to benefit from a flat rate of **£40 per session in English or 36€ in Spanish**. You will have **6 business days** to add a payment method in order to enjoy this special discount for Lingokids.

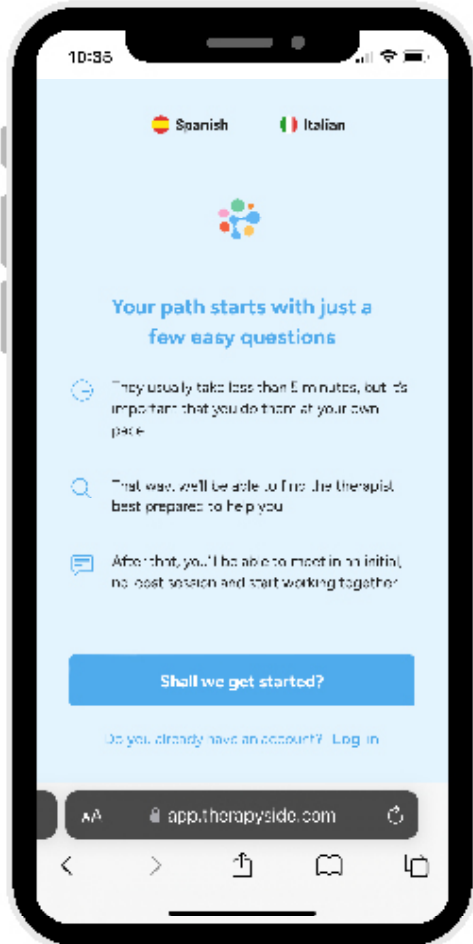
06



## Family discount code

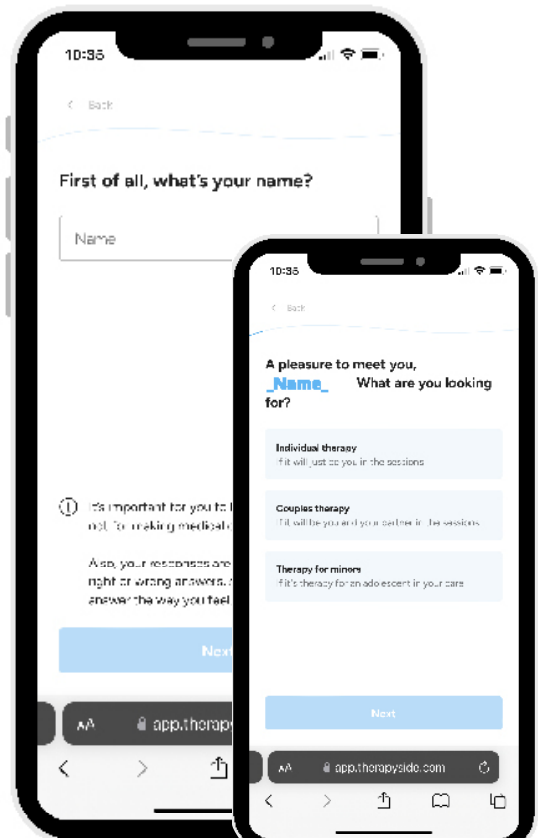
Do you want to help your **family and/or friends** take care of their emotional well-being? Share the code **LINGOKIDSFAM** with them so they can also access a flat rate of **£40 per session in English or 36€ in Spanish**.

# How to Access Step by Step



01

Select the **language you feel most comfortable with** (English or Spanish) 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 Lingokids.

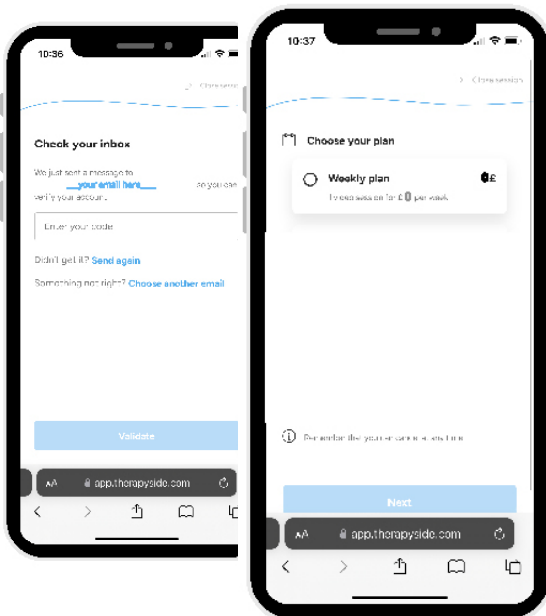
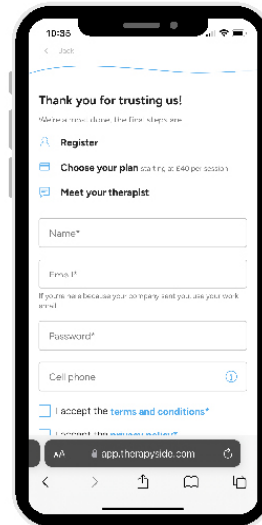
Please feel free to answer truthfully.

# 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** Therapyside will send you.



## 04

After introducing your code, the company plan for Lingokids 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!



For any clarification, please get in touch with Therapyside's support team through this [form](#). If you need any extra help, you can always reach out to anyone from the People & Culture team. We will help you!

## Recommendations

We also want to give you some recommendations beforehand:

- **Schedule your meets:** As this is a profound and personal moment, you may want to consider having your sessions once you finish your workdays. This way, you will have the time to focus and prepare your mind for the meet.
- **Comfort place:** Find a place where you can have your sessions and be comfy.
- **Turn your notifications off.** Consider preparing yourself a place without people around and fewer interruptions as possible.
- **Give it the importance that it has.** This is a “you-moment” to become your best self and to take care of yourself. Enjoy the process!

## Awareness

Let's be open about it, and talk. **Mental health** affects everything. It affects our nature and how we interact with the world and ourselves. It doesn't mean everything will be better overnight, but we can learn how to value ourselves to improve over time. **When we pay attention to our mental health** and have good mental health, many good things can happen:

- **We learn** to cope again.
- **We become** healthy in all aspects.
- Our relationships **improve**.
- **We find** more meaning in our day-to-day lives.
- **We become** more involved in our community.
- **We are** more productive.

When we feel better, we do better.

**That is why** we continue working on the awareness and the importance of mental health on our daily basis. We hope you can enjoy this benefit as a way to work on our wellbeing altogether.

**Enjoy the Lingokids way, lingoers!**



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.

