



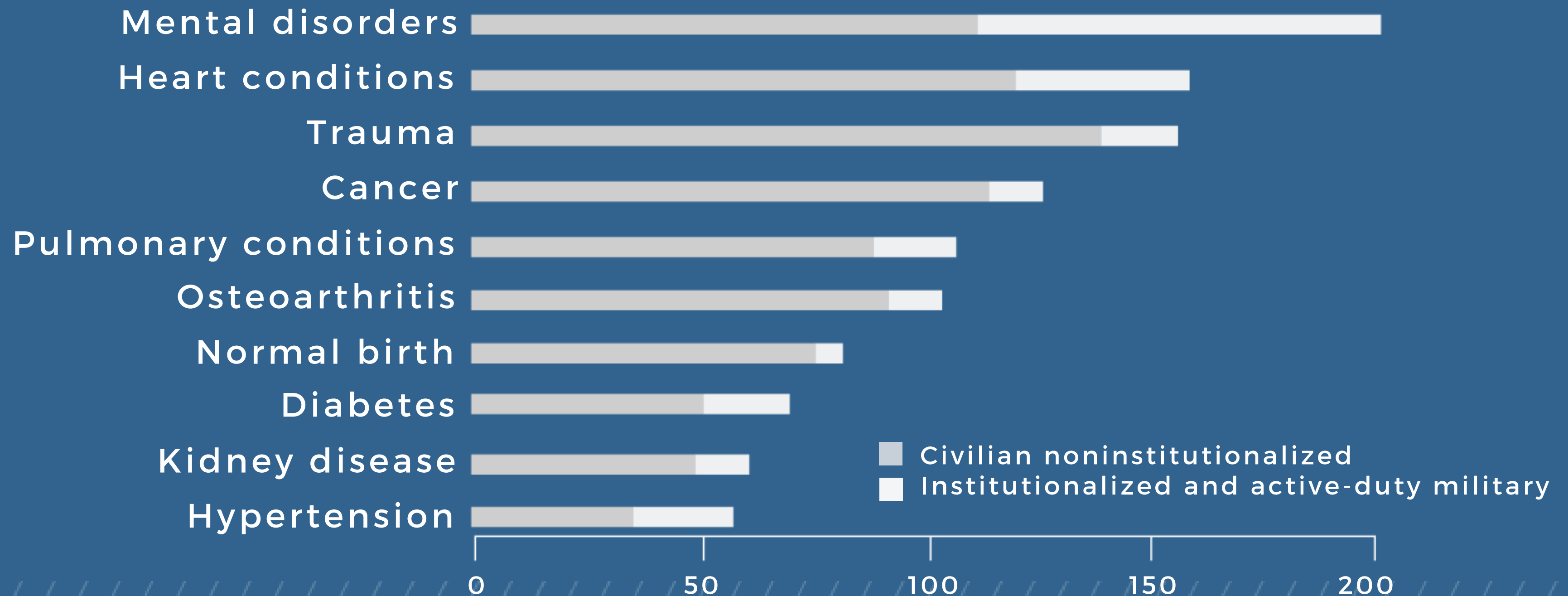
Smart Counseling

For FIRST RESPONDERS

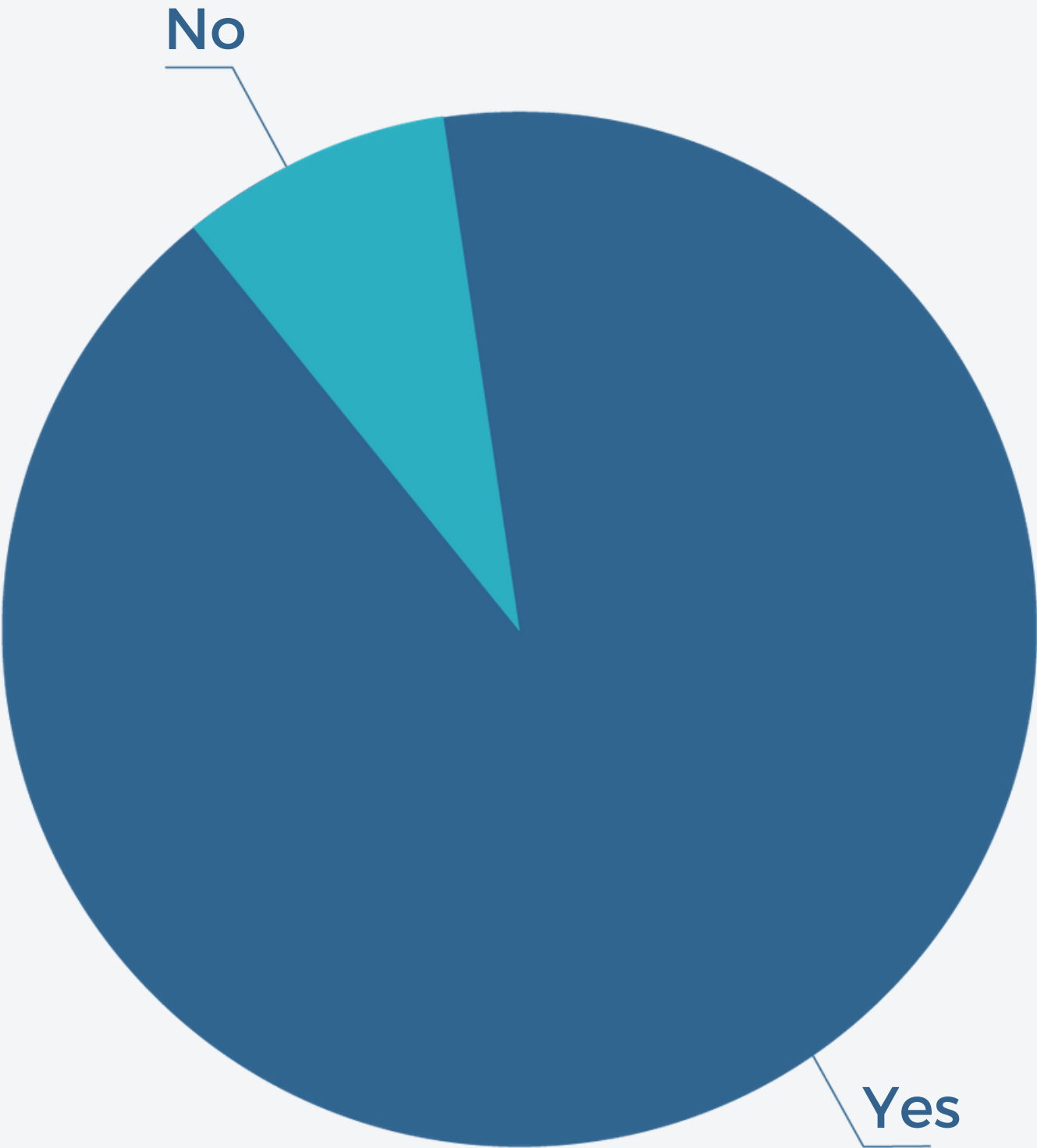
The Smart Way to do Counseling™

The United States spends an estimated \$201 billion on mental disorders like anxiety & depression, these services cost more than any other medical condition in the country.

10 MEDICAL CONDITIONS WITH THE HIGHEST ESTIMATED SPENDING IN 2016



Dimensional Research Workplace Survey, 2019



N=All unless otherwise indicated

91% OF PEOPLE
BELIEVE THAT THEIR
EMPLOYER SHOULD
CARE ABOUT THEIR
EMOTIONAL HEALTH.

In your opinion,
should employers
care about the
emotional and mental health
of their employees?



BARRIERS TO SEEKING HELP

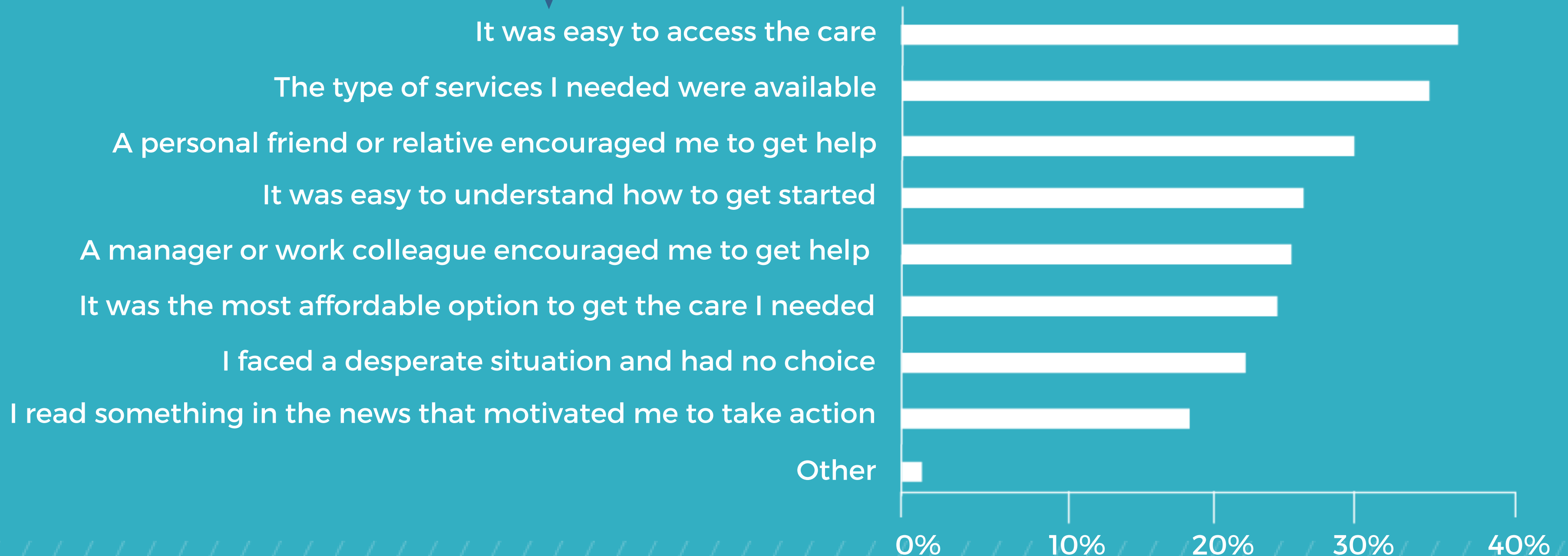
33.1% of First Responders report the following:

- Hard to Schedule Appointments
- Difficulty Taking Time off Work
- Not Knowing Where to Go for Help
- Leaders Discourage Treatment
- No Transportation
- Fear of Negative Impact on Career due to Confidentiality Issues

Traditional "In Office Therapy" is Challenging for First Responders

THE MOST COMMON MOTIVATOR TO USE BEHAVIORAL HEALTH BENEFITS IS EASE OF ACCESS.

What motivated you to take advantage of the behavioral health benefits offered by your company?



SMART COUNSELING LICENSED THERAPISTS CAN HELP FIRST RESPONDERS WITH:



- Coping in difficult times
- Rebuilding family relationships
- Stress management
- Anxiety management
- PTSD management and resolution
- Psychological trauma
- Substance abuse
- Understanding substance abuse triggers
- Anger management
- Grief and loss
- Relapse prevention
- Social determinants of mental health





FIRST RESPONDERS NEED EASY & CONVENIENT
ACCESS TO THERAPY

SmartCounseling Hybrid Platform is the Solution!

- Easy online access to therapy anytime, anywhere
- Private and Confidential
- Licensed, trained, trauma-informed therapists trained in psychological first aid in accordance with concepts developed by the national center for ptsd
- A safe space to process their emotions
- Proprietary Assessments developed by internationally recognized sociologists to target needs and appropriate interventions

PEOPLE ARE MOVING TOWARD ONLINE SOLUTIONS

A study by West Monroe Partners found that 8 in 10 consumers preferred online communications with providers over an office visit.



TECH

Adoption of technology is paving the way for people to receive mental healthcare.



NEED

America's need for mental healthcare is growing. Consumers are eager to receive this care online. Studies show that 8 in 10 Americans are willing to meet with their provider online, via secure messaging and video.



TIME

People are busy. Convenience and flexibility are key to utilization and success, with benefits for both the patient, the provider, and the employer.



ENGAGEMENT

Online engagement solutions make it easy and convenient for mental health care professionals to provide therapy to their clients remotely.



EXPERIENCE

Online engagement is closing the gap between mental healthcare professionals and their clients by streamlining the client experience.

SmartCounseling delivers the best-in-class technology and therapists together via one online platform that is affordable, easy to use, and 100% confidential.

COLUMBIA STUDY SHOWS MESSAGING THERAPY WORKS

- Significantly less depression and anxiety after 3.5 months of text therapy
- Significantly less work missed
- Less impairment at work & during activities

Improving the Mental Health and Productivity of Employees via Messaging Therapy --
Thomas D. Hull, Columbia University

MULTI-MODAL THERAPY PRODUCES RESULTS AT LOWER COST + CONVENIENCE

1

Equally Effective

Study findings suggest that teletherapy is equally effective across gender, self-reported financial status, and self-reported physical health status, and particularly effective for individuals without a history of psychotherapy.

2

Severity Reduced

Study findings suggest that depression symptom severity significantly reduced

3

Effective Solution

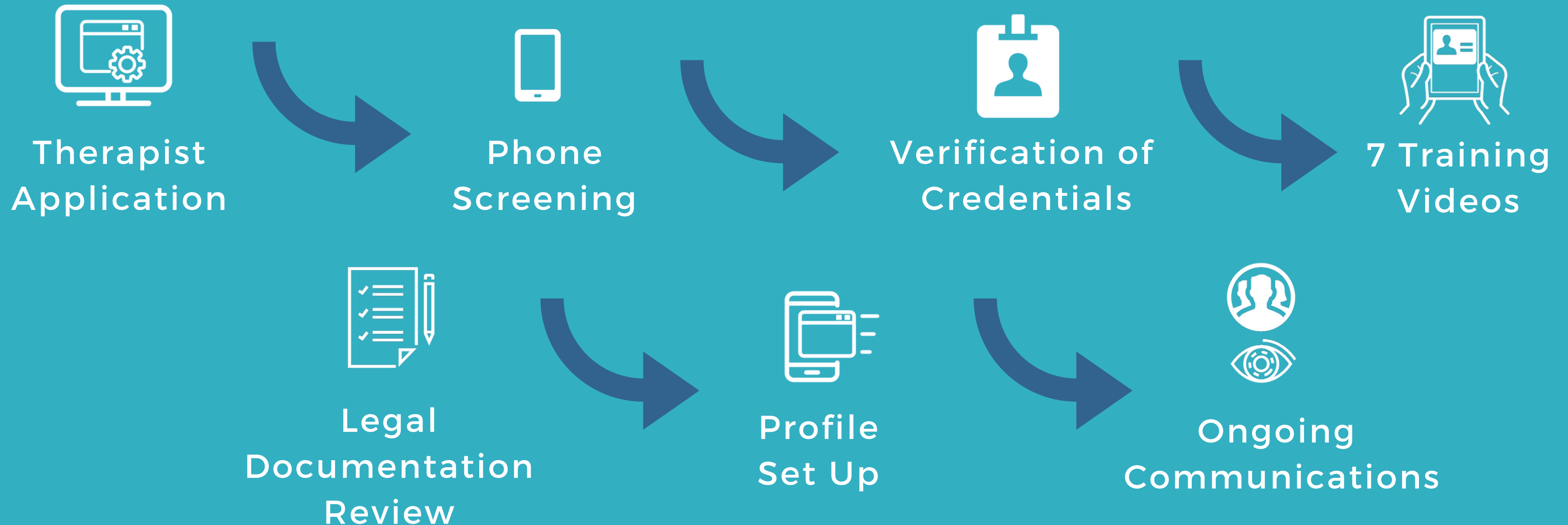
Multi modal psychotherapy is an effective solution to reduce existing barriers to accessible and preference-based psychotherapy

*Effectiveness of a Multimodal Digital Psychotherapy Platform for Adult Depression:
A Naturalistic Feasibility Study

The Smart Way to do Counseling™

THERAPIST ONBOARDING PROCESS AND TRAINING

To ensure that we connect our clients to effective, licensed therapists, we developed a comprehensive therapist onboarding process that includes:



WHY SMARTCOUNSELING?

Mental wellness is quickly becoming a major concern in the U.S. and around the world.

Our Mission: to empower people to live happier, healthier, and more successful lives by offering the easiest, most affordable online access to licensed mental wellness counselors, specialists, and education

Our trained therapists are available, our platform is designed for scalability, and our unique team possesses the necessary experience and expertise to ensure success.

We would like to partner with your organization to meet the needs of your employees, customers, and partners.

For more information, please contact:



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THE SMART WAY TO A BETTER LIFE TM