Three years ago something happened in my life. I was facing significant challenges and I needed help. While searching for the right type of help for myself, I spoke with other people in similar situations. I noticed that many of them would greatly benefit from professional guidance, but they faced obstacles in getting the help they need. They felt that the current counseling solutions are too expensive, time-consuming, inconvenient, and inaccessible. Many people were also concerned by the lack of privacy and the stigma around it.

This made me think: We use the Internet to shop better, learn better, and work better; isn't it time we start using the Internet to **live better**?

With that mission in mind, BetterHelp was launched in the summer of 2013. We provide anyone facing life challenges with **easy, discreet and affordable access to professional counseling from a licensed therapist.**

We believe that human-to-human help cannot - and should not - be replaced by automated technology. Instead, we are leveraging new technologies to adapt traditional counseling into the lifestyle and expectations of today's consumers. Our members receive professional counseling using their computer, tablet or mobile phone - anytime they need and anywhere they are.

So far we've been fortunate and honored to touch the lives of **over 200,000 people through more than two million sessions**. We are also proud to be working with [an amazing group of over 2,000 counselors](https://www.betterhelp.com/counselors/) who turn our vision into a reality by applying their knowledge, skills, experience and relentless care. In 2015 we expanded our resources and expertise by joining [Teladoc](https://www.teladoc.com/) ([NYSE:TDOC](http://www.google.com/finance?cid=866025583780035)), the nation's first and largest telehealth provider.

For me, the most rewarding part of this job is the phenomenal feedback we receive every day. Thousands of people have already came forward to [express how BetterHelp made a huge change in their lives](https://www.betterhelp.com/reviews). So many others [posted a feedback at independent review sites](http://www.reviewopedia.com/betterhelp-reviews), [recommended us in social media](https://www.google.com/shopping/seller?q=betterhelp.com), or put a raving five-star review in the [app store](https://play.google.com/store/apps/details?id=com.betterhelp&hl=en). I can't be grateful enough to anyone who took the time and courage to share their story. These truly inspiring stories are driving our passion and reinforcing our commitment to keep making BetterHelp better.

Many people in our team, including myself, have been involved in the creation and growth of several successful companies. Still, we all agree that nothing in our experience comes close to this chance we have in making a difference in peoples' lives and helping them reach a healthier and happier state of mind. We are honored and humbled by this opportunity. [Our team keeps growing](https://www.betterhelp.com/jobs) with devoted and talented professionals who strive to make the best product and service possible.

Today, BetterHelp is the largest e-counseling platform worldwide, and we're excited to see that it's already making [such a great impact](https://www.betterhelp.com/press/). However, we are still just at the very beginning of this long journey. I invite you to join our mission - [as a counselor](https://www.betterhelp.com/counselor-application/), [as a team member](https://www.betterhelp.com/jobs) or as [someone who may use some help to live better](https://www.betterhelp.com/start/).

Thank you for your interest in BetterHelp. If you'd like to get in touch, please don't hesitate to [contact us](https://www.betterhelp.com/contact/), we'd love to hear from you!

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|  | **Alon Matas**  Founder |