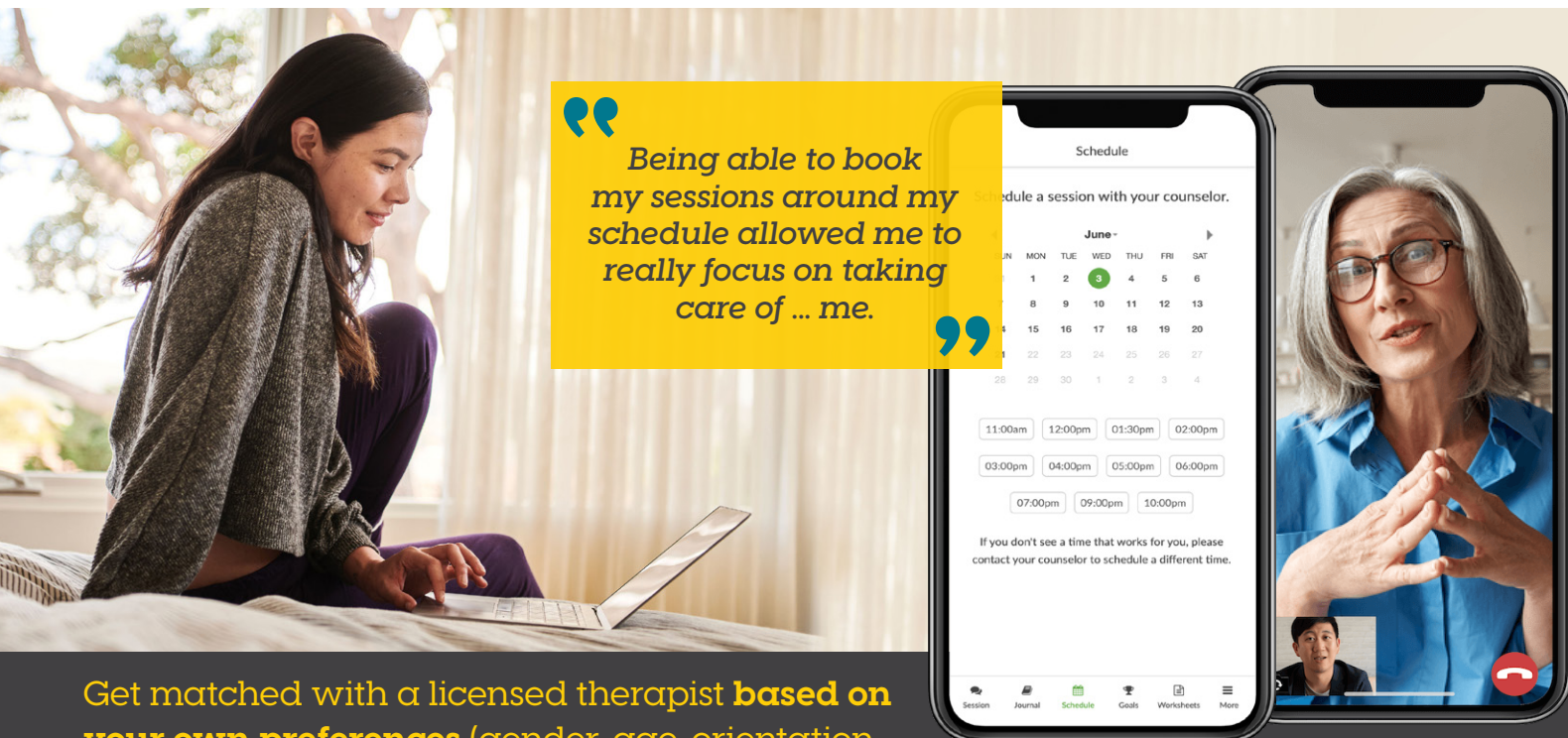


DID YOU KNOW THAT YOUR LAP PROGRAM OFFERS EASY AND CONFIDENTIAL ACCESS TO LICENSED THERAPY ONLINE?

As part of the many benefits available to you through the Rhode Island Bar Association, your LAP program offers convenient and direct access to a licensed therapist through Chat, Phone, or Video. **Anytime. Anywhere.**



“ Being able to book my sessions around my schedule allowed me to really focus on taking care of ... me. **”**

Schedule a session with your counselor.

June

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	8	9	10	11	12	13
	15	16	17	18	19	20
	22	23	24	25	26	27
	28	29	30	1	2	3

11:00am 12:00pm 01:30pm 02:00pm
03:00pm 04:00pm 05:00pm 06:00pm
07:00pm 09:00pm 10:00pm

If you don't see a time that works for you, please contact your counselor to schedule a different time.

Session Journal Schedule Goals Worksheets More

Get matched with a licensed therapist **based on your own preferences** (gender, age, orientation, BIPOC, faith) **and your needs** (Stress, Anxiety, LGBTQ, Depression, Couples Therapy, Teen Counseling, Addictions, Grief, etc.) and connect with therapists who can help via text, phone call, or video chat.



CorpCare



betterhelp



To access this benefit
scan the QR Code
or call us at
1-866-482-8378

(The best time to reach an internal Triage Specialist to get connected is Monday-Friday 8am-6pm EST.)
or go directly, at any time, to

www.betterhelp.com/corpcare

Please Note – BetterHelp is not appropriate for clients in crisis. If you need immediate support, call 1-866-482-8378