**FRONT COVER**

* BetterMynd logo
* Beneath logo: Online therapy resources for college students
* At bottom of page: bettermynd.com colgate.edu/counseling/resources

**INSIDE, PAGE 1**

* Did you know?
  + 1 out of 4 college students will experience a mental health issue this year (Footnote: National Institute of Mental Health. 2015 National Survey On Drug Use and Health)
  + There has been a 50% increase in the number of students seeking mental health counseling in recent years (Footnote: Center for Collegiate Mental Health. 2016 Annual Report)
  + 1 out of 3 college students report feeling so depressed that they have trouble functioning (Footnote: American College Health Association. 2013 National College Health Assessment)
* At the bottom of the page: If you are a college student experiencing a mental health issue, you are not alone.

**INSIDE, PAGE 1**

* At top of page: Asking for help is hard. BetterMynd makes it easier.
* The below steps should be written next to pictures or icons:
  + Login to BetterMynd and register as a college student.
  + Review dozens of licensed counselors to find the one that’s right for you.
  + Schedule an online video-session with your counselor of choice.
  + Have your online therapy session from your laptop or smartphone in a comfortable, private space.

**BACK COVER**

* At top of page: BetterMynd’s network of licensed counselors are here to help you.
* Image: Several profile images of counselors
* Below image: Begin today by registering at bettermynd.com and reviewing all of the available counselors.
* Picture of college students or college landscape
* Below picture: Questions or concerns? Reach out to us at [students@bettermynd.com](mailto:students@bettermynd.com).
* Bottom of page: BetterMynd logo and footer information (website, email, phone number)