

# betterhelp

## Podcast Talking Points (USA)

**Talking points valid from 7/1/26–9/30/26.**

### **The Best Way to Start Your Integration:**

- Look for a moment in your podcast that authentically touches on something you can relate to mental health.

### **Choose one prompt to personalize:**

- **Create Your Own:** Share a specific challenge, moment, or realization from your own life related to mental health.
  - Use your content lens to engage with mental health based on what you know about the topic you're covering.
  - Stay in first person (I struggled with, I've seen, I realized, I believe) and include specific details that make it uniquely yours.
- **Patterns of Anxiety:** Think about a time recently when your anxiety or low mood felt especially heavy. What were the thoughts, habits, or situations that seemed to intensify it? What did you notice about how you responded in that moment?
  - Then, consider how therapy can help you identify these patterns more clearly and develop tools to navigate them with greater awareness, resilience, and self-compassion.
- **People-Pleasing:** Think about a recent moment when you said “yes” but meant “no.” What were you hoping to avoid or gain in that interaction? How did it impact your energy, mood, or sense of self afterward?
  - Then, consider how therapy can help you unpack the roots of people-pleasing and support you in making choices that honor your needs with more confidence, balance, and authenticity.
- **Nervous System Overload:** Think about a time when your body felt overwhelmed, tense, or shut down. What signals did you notice, and how did you try to cope in that moment? What helped and what didn't?
  - Then, consider how therapy can help you better understand your nervous system and build personalized practices that support a greater sense of calm, safety, and regulation over time.

### **Introduce BetterHelp as the sponsor and choose one or two features that align most with your story:**

- BetterHelp makes starting therapy easier.
- Take the quiz and get matched with a licensed therapist quickly.

- Communicate however you feel comfortable: phone, video, or text.
- Switch anytime at no extra cost if it's not the right fit.
- Over 6 million people to date have gotten help through BetterHelp, earning a 4.8 out of 5 rating on the App Store.

**End with the Call-To-Action:**

- Click the link in the description, or go to **betterhelp.com/[YourLink]** and get 10% off your first month of therapy.

## Compliance & Legal Guidelines

**Podcast Description Requirements:**

Please use the following, highlighted text in your description (but replace the example URL with your specific branded URL):

Head to [https://betterhelp.com/\[YourLink\]](https://betterhelp.com/[YourLink]) to get 10% off your first month with our sponsor, BetterHelp. Therapy can be a meaningful space to reflect, grow, and create positive change in your life.

- This link must be hyperlinked (preceded by https:// ) Please ensure the link reads [https://betterhelp.com/\[YourLink\]](https://betterhelp.com/[YourLink]) (but replace the example URL with your specific branded URL)

The podcast **will not be approved** unless these requirements are met:

- Audible/verbal advertising disclosure within 5 seconds of first mention of brand (in each advert segment)
- Accurate, functional URL in show notes (please click to ensure)
- In order to share a personal experience with the BetterHelp service, you must have used the BetterHelp service. To protect your privacy, we do not verify use.
- Please use “therapy” and “therapist” instead of “counseling” or “counselor.”
- Do not share any identifiable information about your therapist, and do not film or record your therapist or therapy session.
- Please note: The brand is in a highly regulated industry where even slight variations in its representations to its members are meaningful. For example, saying that the information that a member shares with their therapist is private fails to appreciate that, in rare instances, messages are reviewed by our legal or clinical quality control teams to respond to safety or legal concerns. For this reason, please do not use these specific words in your video without the express written approval of InfluenceLogic and BetterHelp:
  - private/privacy
  - confidential/confidentiality
  - secure/security/secured
  - anonymous/anonymity
  - HIPAA/ Health Insurance Portability and Accountability Act, and

- any other language that describes BetterHelp's use or practices with personal identifiable information.

### **Quality Guidelines**

If the steps below are completed, it greatly increases the chance your sponsorship is successful.

- Creator shares special discount AND encourages their audience to visit their link
- Your sponsorship segment occurs in first half of the episode
- No noticeable decrease in quality of sponsorship segment compared to rest of episode