

BetterLYF Mental Health Platform: Heal & Thrive through Online Therapy and Support

BetterLYF understands the need for accessible and confidential counseling. By empowering individuals with mental health care.

MAYUR VIHAR, DELHI, INDIA, July 18, 2023 /EINPresswire.com/ -- BetterLYF has become a ground-breaking online therapy platform in India since its inception in 2016. Through its wide range of [online counselling](#) services, BetterLYF is steadfastly committed to

providing empathetic support for people struggling with the complexity of stress, anxiety, depression, relationships, and other mental health issues. BetterLYF is aware of the significant effects of the stigma society places on mental health issues, and it is this awareness that inspired Mr. Vikram Beri and Mr. Varun Handa, the founder, and co-founder of BetterLYF, to open the door for a revolutionary approach to mental health through online therapy.



BetterLYF understands the need for accessible and confidential mental health counseling. By empowering individuals with mental health care, we strive to enable individuals to lead a happy and fulfilling life. Our goal is to provide easily available online counseling that aids in the identification of triggers, the exploration of deeply held worries, and the acquisition of useful skills for overcoming mental health difficulties. BetterLYF equips people with the knowledge and abilities they need to maximize their potential.

Before embarking on your first therapy session with one of our skilled counselors, we provide a complimentary 20-minute check-in call. During this call, a counselor will guide you through the counseling process and help you understand what to expect from the sessions based on the concerns you raise as a client. Additionally, the counselor will recommend a suitable counselor from our team based on your needs.

Following the check-in call, you can proceed to select a therapy session that best suits your requirements. BetterLYF's basic package, priced at Rs. 999, offers a 45-minute session with a qualified therapist. Alternatively, our highly popular Introspect package, priced at Rs. 3,999,

provides five sessions that allow for deeper exploration and progress. They offer a range of other packages as well, which you can explore further by visiting our pricing page. BetterLYF structured pricing options ensure that you have flexibility in choosing a package that aligns with your specific therapeutic goals and budgetary considerations. It aims to make mental health support accessible and affordable for individuals seeking guidance and growth. Through transparent pricing options, BetterLYF ensures that clients of BetterLYF have a clear understanding of the available options.

BetterLYF provides thorough support for a variety of issues, ensuring that people can receive assistance and direction for different facets of their lives.

[Relationship Counseling](#): Whether it is healing from a painful breakup, rebuilding trust after infidelity, resolving conflicts within a couple, navigating the complexities of divorce, finding healthy and meaningful connections in the dating world, fostering supportive friendships, improving family dynamics, enhancing intimacy in relationships, preparing for a successful marriage, or breaking free from toxic relationship patterns, our counselors are here to guide individuals on their journey towards healing, growth, and healthier connections.

Counseling for Stress Anxiety and Depression: BetterLYF is here to support you through these challenges of stress, anxiety, and depression. Through evidence-based therapeutic approaches, they work collaboratively with clients to develop personalized strategies and coping mechanisms that can help manage stress, reduce anxiety, and alleviate symptoms of depression. They provide guidance, practical tools, and emotional support to empower individuals in their journey toward improved mental well-being.

Confidence Counseling: Our [online psychologist](#) facilitate clients to work through their self-confidence and overcome challenges effectively and constructively managing their emotions and anger, fostering healthy interpersonal skills, providing strategies for effective time management, addressing body image concerns, building resilience, facilitating assertiveness training, or supporting the development of healthy self-esteem.

Counseling for Trauma: When working with clients who have experienced trauma, our counselors create a safe and supportive environment where individuals can feel heard, validated, and understood. BetterLYF counselors utilize specialized techniques to help clients process and heal from their traumatic experiences, working towards resilience and recovery.

LGBTQ+ Counseling: BetterLYF offers a secure and accepting environment for the LGBTQ+ community. Our counselors are aware of LGBTQ+ challenges and provide empathetic assistance. BetterLYF supports people facing difficulties like gender dysphoria by offering gender-affirming and inclusive therapy.

Counseling for Lifestyle Issues: Our counselors help individuals address lifestyle concerns, such as stress management, work-life balance, addiction, and personal growth. They assist clients in

identifying and implementing positive changes to enhance their overall well-being.

Women-Centric Challenges: At BetterLYF, we understand the unique challenges that women may encounter in various aspects of their lives. Our counselors provide a supportive and empowering environment to help women navigate issues related to self-esteem, body image, relationships, and career, and issues related to motherhood and more.

Counseling for Work-related concerns: BetterLYF offers individuals a supportive and confidential space to address various work-related challenges. Through therapy at BetterLYF, clients can develop a deeper understanding of themselves, build resilience, and cultivate a healthier and more fulfilling work experience.

BetterLYF stands out as a unique online therapy platform, going beyond traditional counseling by equipping users with essential mental health tools and engaging tasks. Our helpline support system ensures quality and timely assistance through call and chat-based methods. What truly sets us apart is our quiet yet solid reputation, having facilitated over 4 lakh counseling sessions with an extraordinary 70% recurrence rate, positively impacting the lives of more than 5 lakh individuals. Our committed team of highly experienced counselors, holding master's degrees in psychology, has accumulated over 500 hours of training and supervision. But what truly distinguishes us is the inclusion of clinical psychologists who have undergone specialized training to address more clinically challenging problems enabling us to provide comprehensive support for individuals facing complex mental health concerns.

At BetterLYF, our foremost priority is to establish a safe and inspiring environment where clients can embark on their path to healing and success. By combining our proficient counselors, specialized training, and genuine passion for helping others, we provide a space where individuals can find comfort, develop resilience, and make progress in both their personal and professional lives.

Pawan Singh
BetterLYF Wellness Pvt. Ltd.
+91 9599445680

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