
 This script was last updated on **March 10, 2025**. If it's more than 30 days after this date make sure you have the most updated script here:  
<https://brands.influencelogic.com/betterhelp>

 **If you are located outside the USA, DO NOT USE THESE TALKING POINTS.**  
Use [these](#) instead.

 Use these talking points to create a script, and submit your script to us when you have completed it. Allow us 48 business hours to review and approve. Then you may begin filming. Also, be sure to consult our compliance guidelines at the bottom of this document.



#### **Theme (Spend 75% of your time personalizing this part)**

Anxiety often peaks in the late springtime. Talk about any experience you've had with anxiety, no matter how small, it might connect with someone who is struggling right now. A few examples include:

- **Seasonal Transition Anxiety.** Spring brings change—new routines, longer days, and shifting priorities. Many experience increased anxiety during these transitions. Have you felt unsettled or overwhelmed when seasons change?
- **Social Pressure.** As the weather improves, there's often pressure to be more social, active, and "out there" again. This can trigger anxiety for those who found comfort in winter's natural withdrawal.
- **Perfectionism & Renewal.** Spring cleaning, new projects, fitness goals—the season's focus on renewal can intensify perfectionist tendencies and create performance anxiety. What unrealistic expectations have you placed on yourself?
- **Comparison & FOMO.** Social media is filled with vacation photos, outdoor activities, and "living your best life" content in Spring. This can heighten feelings of inadequacy or fear of missing out. How has social comparison affected your anxiety?

 **Transition into the BetterHelp script below. Feel free to adapt it to fit your style and content. (Spent 25% of your time on this script).**

Anxiety often peaks in the late springtime, and my sponsor BetterHelp can connect you with a therapist who can provide support.

The majority of BetterHelp members seek support for anxiety and 69% of members report improved anxiety symptoms after 6 weeks of therapy on BetterHelp.

It's easy to start: Just fill out a questionnaire and you will match with a therapist in as little as a couple days.

Easily switch therapists anytime at no extra cost if it's not the right fit.

They carefully make sure therapists on the platform are well-qualified, and their customer support team is there to help you if you have any questions.

With over 7,000 reviews and a 4.3 rating on TrustPilot, BetterHelp is a platform you can trust.

Let BetterHelp help you rule your anxiety so it doesn't rule you. Click the link in the description, or go to [betterhelp.com/\[YourLink\]](https://betterhelp.com/[YourLink]) and get 10% off your first month of therapy.

 **View Video Description and Compliance Guidelines on the next page.**

# Compliance & Legal Guidelines

## **Video Description Requirements:**

Please choose one of the following three highlighted texts to include in your description (but replace the example URL with your specific branded URL):

Let my sponsor BetterHelp help you rule your anxiety so it doesn't rule you. Click [https://betterhelp.com/\[YourLink\]](https://betterhelp.com/[YourLink]) for a discount on your first month of therapy.

Anxiety deserves support. 85% of BetterHelp therapists have strong expertise in anxiety. Click [https://betterhelp.com/\[YourLink\]](https://betterhelp.com/[YourLink]) for a discount on your first month of therapy. (Sponsored by BetterHelp)

Going to therapy is a sign of strength, not weakness. BetterHelp makes therapy simple, with 10% off your first month to help you get started: [https://betterhelp.com/\[YourLink\]](https://betterhelp.com/[YourLink]). (Sponsored by BetterHelp)

- 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 link, call-to-action and disclosure must be the first line of the description.
- No additional links above the fold in the description.

The video (or script) **will not be approved** unless these requirements are met:

- Video has been marked as Paid Promotion
- Audible/verbal sponsorship disclosure within 5 seconds of first mention of brand (in each sponsorship segment)
  - Please do not show B-Roll of brand or brand logo *before* sponsorship disclosure
- Accurate, functional URL (please click to ensure)
- Both URL *and* sponsorship disclosure in first line of video description
- Only link placement in first line of video description
- You personalize your sponsorship instead of just reciting the BetterHelp talking points.
- Link audibly mentioned and shown on screen during sponsorship segment
- When referring to BetterHelp in text, please use the correct, grammatical spelling. It's "BetterHelp" not Betterhelp, betterhelp or Better Help.
- 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.
- Do not say you will be matched with the “perfect” therapist. Please use “right” or “best”.
- 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.

- You show your face for at least 50% of the sponsorship segment
- You show the product in action (or B Roll) for about 10 seconds during the sponsorship segment
- Do not segment out your sponsored integration into its own chapter. Instead, include it at the beginning or end of another content-focused chapter.
- Creator shares special discount AND encourages their audience to click the link in description
- You connect your video topic to the brand for a smooth transition into the sponsorship segment (avoid a hard cut to the sponsorship segment if possible)
- No noticeable decrease in quality of sponsorship segment compared to rest of video

