



TherapistAid

A resource platform providing mental health professionals with a library of free and paid therapy worksheets, interactive tools, guides, and articles.

<https://www.therapistaid.com>

Overview

Therapist Aid is a popular online platform designed to support mental health professionals, including counselors, therapists, and psychologists, by providing a vast library of clinical resources. Founded in 2012 by licensed mental health counselor Woody Schuldt, the platform was created to fill a market gap for therapy worksheets that were both scientifically sound and easy for clients to understand. The core offering includes a wide range of therapy worksheets, interactive tools, videos, psychoeducation guides, and articles that cover various mental health topics such as emotions, relationships, and self-esteem. The platform is widely praised for its accessibility and user-friendly, straightforward website design, which allows users to easily find resources using filters for specific topics and demographics.

Therapist Aid operates on a freemium model. The **Basic (Free) Plan** provides access to standard worksheets and unlimited use of interactive tools. The **Professional (Paid) Plan** unlocks additional features crucial for a streamlined practice, including customizable and fillable versions of the worksheets, teletherapy compatibility, and an ad-free browsing experience. This makes it an invaluable tool for enhancing sessions, providing client homework, and streamlining the overall clinical workflow, catering primarily to individual practitioners and small practices.

Key Features

- Therapy Worksheets Library
- Interactive Tools for Clients
- Customizable and Fillable Worksheets (Paid)
- Teletherapy Compatibility (Paid)

- Psychoeducation Guides and Articles
- Content Filtered by Topic and Demographics
- Ad-free Browsing (Paid)

Pricing

Model: freemium

Offers a free Basic plan with standard worksheets and interactive tools. The Professional plan is \$6.25/month (billed annually) for customizable/fillable worksheets, teletherapy compatibility, and ad-free use.

Starting at: USD \$6.25

Target Company Size: startup, small

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