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Script:

April Script - Kylie Flavell

Kylie: You guys know I've worked with the therapy platform BetterHelp, **the paid partner of today's video**, but this episode I thought we'd hear from my husband, Guido, because mental health from a male's perspective is slightly different.

Guido:

I think therapy is important, especially for men between 35 and 45, because it's a phase of life where a lot is happening at the same time. Many men are dealing with pressure at work, financial responsibilities, relationships, and sometimes family or children. On the outside, everything can look ok, but we are hiding a lot of emotions that we are afraid to share, show, even acknowledge.

The problem is that many men are not used to talking about what they feel. We've grown up in a society with the idea that we should be strong, independent, and in control like John Wayne. So instead of dealing with these emotions, we often keep everything inside, because we're afraid of looking like losers to others. Over time this can lead to stress, anxiety, or even burnout. Often to silence and mitigate these feelings we use escape strategies like alcohol, as I do sometimes, or other ways such as drugs, that I don't, or even over working.

Finding the courage to start therapy and finding a professional that has the tools to listen and help to sort out your emotions, offers the possibility to seek a different way of escape, a safe place where one can open without having to keep up the mask of strong and relentless MEN. And it's something I did on my own, even before meeting Kylie.

It's not just about solving problems, but about understanding better how our inside works.

Where do these feelings come from? The subconscious patterns/mechanisms are sometimes strongly tied with deep unresolved emotional scars, that are painful, very painful. Every time you go near those limits, you trigger deep pain and fears. That can be incapacitating, terrifying.

Once one understands what we feel and where that emotion comes from, it doesn't mean that every problem has been solved, but that there is hope of getting out of that corner that life and its expectations puts a young man. Actually one realizes that those expectations, of which we

are so worried, come from inside us.

When people say: “going to therapy is not a sign of weakness, but actually a sign of courage and strength” it’s true. It takes great courage to go and face those deep fears. I call them demons. I feel like it’s like going in a deep cave where awful monsters are hidden ready to attack you. The therapist comes with you in the cave and gives you a torch, with which you can see what you are dealing with. Many times, it turns out that the cave is empty, or the growls that you heard were just an echo of something completely innocuous.

- 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.

So if you have a son or grandson or husband who could benefit from therapy, click the link [BetterHelp.com/Kylie](https://www.betterhelp.com/Kylie) and you can get 10% off your first month of therapy.”