

DISCOVER THE BENEFITS OF VIRTUAL COUNSELING

When you're looking for support, *finding the right fit matters*. While in-person counseling may not always be available, *virtual counseling is an incredible option* that many clients have found just as effective—and sometimes even more convenient! Here's why virtual counseling might be the perfect fit for you:



The Benefits of Virtual Counseling?



It Fits into **YOUR** Life

Whether you're juggling a packed schedule or need to avoid a long drive, virtual counseling makes it easier to prioritize your mental health from wherever you are.



It's Proven to Work

A 2020 study published in *Frontiers in Psychology* found that teletherapy is as effective as face-to-face therapy for treating depression, anxiety, and other mental health conditions.



It offers More Choice

With virtual options, there's a greater chance to find a counselor who meets your needs—whether you're looking for someone with a specific specialty or a schedule that works for you.



Mitigates Mobility Limitations

Patients with mobility challenges or chronic conditions can receive care without the need to travel, reducing physical strain and logistical barriers.



It's Flexible and Time Efficient

Telehealth allows for appointments outside traditional office hours, accommodating diverse schedules and reducing the need for time off work.

Addressing Common Concerns

I'm worried I won't feel connected

Many people feel this way at first, but they're often surprised at how natural and personal virtual sessions feel. Counselors are trained to create meaningful connections online.

I'm not sure how to set it up

Virtual counseling is easy to set up! A private spot, a phone, or a good internet connection, and a device with a camera are all you need to get started.

I hate being on camera, I'd rather not be seen

Engaging in therapy from a private location can alleviate concerns about being seen entering a counseling center, reducing the stigma associated with seeking mental health support. You can talk to your therapist about your privacy concerns and find a solution that works for you.

Don't let the lack of an in-person option stop you from getting the help you deserve. Virtual counseling is an incredible resource that can support you through life's challenges. If you'd like more information or help finding the right provider, reach out—we're here to help.

