

Benefits of Online Therapy



Having scleroderma can certainly present physical challenges and for some patients, they may experience mental health challenges. To help overcome these obstacles and challenges, patients may decide to seek the services of a mental health professional. For those scleroderma patients who are unable to attend in-person therapy or counseling sessions, there are online options that can be considered and explored.

Here are 6 benefits to online therapy:

No Boundaries: online therapy gives you the ability to seek for help out of your city limits, which means that you have the ability to choose a specialist that is not from your area.

Efficiency: if you are a full-time worker, your chance of getting a therapy is low, but online therapy provides you with help 24/7.

Communication channels: online therapy provides you with faster services than the in-person therapy. You can open your therapy app and get the help immediately. This includes video, chat, and phone therapy options.

Stigmas: unfortunately, a lot of people miss the in-person therapy sessions due to stigma surround it, but stigma is gone with online therapy.

Privacy and confidentiality: all online therapy are secured and confidential. The therapy sessions are protected by HIPAA, and you chat sessions are secured by various bank grade encryption levels that only you and your therapist can see.

Pricing: many online therapy services provide users with incredible pricing that start at 40\$ per week comparing with 200\$ per in person session that may have at least 50\$ co-pay per session. Furthermore, a lot of online services work with major insurance companies, which can also reduce your cost.

https://www.online-therapy.com/start/%2Be-counseling.html?gclid=EAlaIQobChMIwezUtbHa6QIViYbACH1wRQDqEAAAYASAAEgKfl_D_BwE