



## **Everything You Need to Know about Online Therapy**

**Online therapy** is known as e- therapy or e- counselling, and it involves providing mental health services and support over the internet. It is as effective as the in-person therapy with the benefit of being in a location that you feel comfortable in, for example, your home. Online therapy can help you connect with a therapist to help you deal with anxiety, hopelessness, isolation, and many other mental problems. Being a scleroderma patient not only involves having mental health issues, but also it involves having mobility and driving issues. Thus, online therapy can be the right fit for you to choose because it is certainly developed to serve people with many various problems or who simply live too far away from a licensed therapist. In addition, it is a way for people to get easy, convenient, and reliable counselling that tends to be much cheaper than in- person therapy.

### **How Does Online Therapy Work?**

There are 3 main types of counselling services that are offered most of the time, and they are real-time chat, video chat, and phone chat.

- **Phone chat** includes emails and text messages, and it is very popular way to use especially for people who need to think out their questions and write them out before asking. Typically, this type of counselling is done through your personal email to a special and secure email to safeguard your anonymity.
- **Video chat** allows you to speak with a specialist face to face. It requires a good internet connection, and it permits you to establish a rapport that can be more difficult with the written word.
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- **Real time chat** allows you to speak with a counsellor or a specialist back and forth in real time through a secure line.

**To get the services, you need to do 2 things:**

- Sign up for the services.
- Take a short quiz to determine which sorts of issues you're dealing with. This will be used to match you with the appropriate specialist you need.

**(If you're seeking out online counselling for your child, the quiz will ask you a lot of questions about what you think the child needs help with, before sending the child an invitation on your behalf)**

**How much does it cost?**

The price of the online therapy services depends on the company you are with. Usually, online therapy charges monthly, and not by minutes, hours, or text. Most of the online services are paid out of pocket, and they are very flexible which means you can quit anytime you prefer.

**Which online services is the right one to choose?**

Before signing up for any online services, it is important that you do your research. You may consider things like how the company screens its counsellors. Also, you can look at online testimonials by customers to get an idea about the quality of services. In addition, it is very important to check about the type of the security the company provides and the price of the services to see if it fits your budget.