



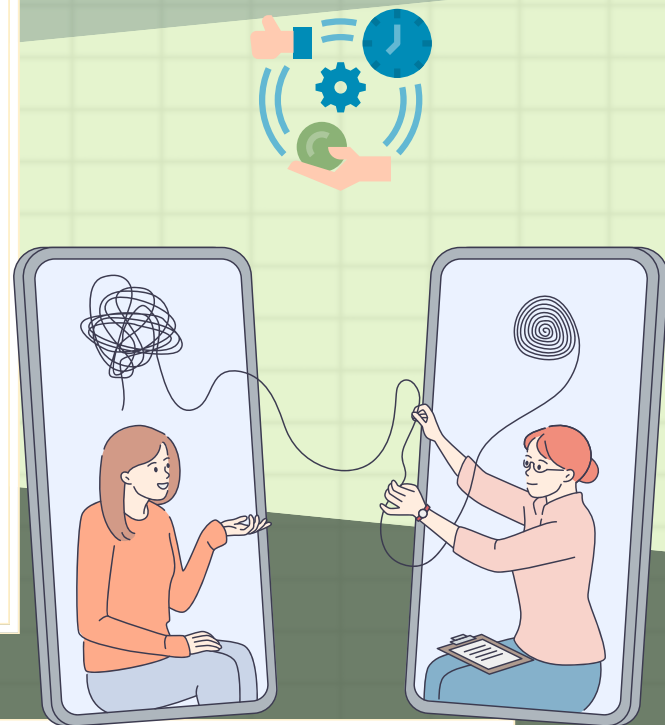
HOW WILL I BENEFIT FROM ONLINE COUNSELING

What are the advantages that online counseling provides over in-person counseling?

Online counseling allows you to take mental health services from the comfort of your own home, at a time that is suitable for you. It also opens up the opportunity to get you in contact with specialists who may not be available to you locally to get the specific mental support you may need. Online services are great alternatives for physically impaired people or people who travel often and find it difficult to visit the counsellor in person.

Is online counseling effective?

Online counseling is just as effective as in-person counseling. As professionals in mental health support, counsellors can properly address your concerns and develop strategies to support you on your mental wellness journey, even online. Furthermore, the understanding between a counselor and patient is better developed when you feel more comfortable and safer. Having the comfort of your personal space gives you the opportunity to be vulnerable and honest to your counsellor, which is effective in problem-solving during sessions.



Is online counseling good for group counseling sessions?

Group counseling sessions can be successfully conducted during online counseling. The environment for online group sessions is not only supportive and comfortable due to the virtual nature of the counseling but it also gives you the opportunity to be introduced to likeminded individuals seeking the same support that you may need from different parts of the world.

Are online counselors certified professionals?

As with in-person mental health services, only licensed mental health professionals can conduct online counseling. These online professionals will ensure that your sessions are confidential and as effective as possible. You can ensure that the professional you work with is certified by viewing the respective website's information on their professionals.



Is online counseling confidential?

Online counseling always prioritizes the confidentiality of patients. Furthermore, professionals adhere to specific guidelines and protocols to best protect you and your vulnerable information. If you ever are unsure about your counsellor or your confidentiality do not feel discouraged, it is okay to seek other licensed counselors.



What devices are needed to undergo online counseling?

Typically, online counseling requires access to phones, laptops, or tablets with access to the internet. Since the counsellors make use of applications such as zoom or google meet, it is important to have a functioning camera and microphone/speaker. If you are unsure what method of counseling works best for you it is advisable to consult your counselor or the associated business.

Which online counseling services should I use?

Online services have a variety of avenues for you to seek mental health support such as with helplines and general help from certified mental health professionals. Let's Talk is one such service that can provide you with mental health counseling and support. You can schedule an appointment at <https://letstalk.pairacademy.org/register.php>.