

Can You Get Free Online Mental Health Counseling?

The answer to that question is yes. There are so many people with mental illness who can't afford to pay for counseling. Are you ready to seek the help of a mental health professional and you aren't sure how to get started? Consider free online therapy as an option. Today's mental health care is no longer bound by the four walls of your therapist's office. You can now attend free online counseling sessions with a licensed therapist. There are now options for visiting a therapist via telehealth services online.

Free online therapy makes mental health services easily accessible for everyone. Our organization, IAMH, was organized for the purpose of providing support to people who need a place to come, share their experiences and hear from others who can identify with the same diagnosis. By no way does a support group substitute or replace counseling from a mental health professional. However, those who cannot afford counseling will receive support for those who want it. Our support groups do invite therapists from time to time to speak to our members on a professional level and help answer any questions and concerns.

Free online therapy makes mental health services easily accessible to everyone. By connecting to the internet, you can easily communicate with a therapist via many online resources such as videos, text, chat and telephone and can be as effective as face to face counseling. The pandemic we are presently experiencing is a prime example of how the web is now and forever changing the way we communicate with one another. Communicating remotely in business and all other avenues of life will continue to grow as we enter a new phase in our everyday living.

Visiting a therapist for free online is now more convenient than ever. You may be wondering, is it too good to be true? How can therapy be free? Is it possible to get mental health treatment for free or at little cost to you? The answer is yes. You don't need a paid therapist to give you real life solutions. Researching online is the best way to find your answers.

Counselors developed free online therapist options so that everyone suffering from mental health has an equally fair chance of finding relief. Take advantage of the opportunity to address some of the issues that have been creating turmoil in your life by beginning to address these challenges in a free counseling resource. Surfing the net, you can find counseling sessions that are available for individuals, couples, and groups to meet the need worldwide. For those of you who have health insurance some companies like Blue Cross understand the value of online and telephone therapy sessions to include and provide insurance coverage in leu of person-to-person visits. During the pandemic I have had multiple sessions with my therapist, and it has been proven to be very effective.

The online therapy can be just as effective as a therapist you see face to face, and information that is learned remotely doesn't decrease in value because it's online. Sessions can be conducted from the privacy of your home or anywhere else that you feel safe to open up about what bothers you.

Can You Get Free Online Mental Health Counseling? Ronald G Rossetti MBA, Article # 19, Volume 1, Series # 1, International Alliance for Mental Health (2020)