

Understanding Online Counselling: Benefits, Methods, and Effectiveness

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Address: **Silver Lake**

Price: **Free**



Understanding Online Counselling: Benefits, Methods, and Effectiveness: Online counselling, also referred to as e-therapy or teletherapy, is a type of mental health treatment provided via digital platforms such as video calls, phone conversations, or messaging. You can talk to a licensed therapist using video, chat, or email. It's private, easy to access, and can be done from home.

You can talk to a licensed therapist at visit our website <https://www.betterlyf.com/>

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