

How Online Therapy is Changing Mental Health Care

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How Online Therapy is Changing Mental Health Care: Online therapy, also known as teletherapy or virtual therapy, is a digital alternative to traditional in-person counseling. People can use secure platforms for interacting with certified therapists via video calls, phone sessions, or text messages. BetterLYF is an online platform that offers accessible mental health support from a team of qualified and experienced counselors. It is popular because of its flexibility, cost, and accessibility, allowing people to receive mental health care from the comfort of their own homes.

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