

# HEALTHBREAK

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## The Benefits of Using Teletherapy

Health as we know it looks a little different these days. As a result of the COVID-19 pandemic, many health care providers, including therapists and counselors, are now offering their services remotely. Teletherapy — or online therapy — is a growing field, and it's not going anywhere, even after things return to normal.

Teletherapy allows clients to get the care and support they need from the comfort of their own home. Using technology, clients and therapists can communicate remotely through a variety of methods: phone, email, text message, video chat, and mobile apps. There are even online companies like BetterHelp and TalkSpace that offer teletherapy services.

While virtual visits may not be as common as traditional in-person appointments (yet), there are plenty of benefits that explain why teletherapy has become so popular:

- **Safety.** Virtual visits reduce everyone's exposure to COVID-19.
- **Flexibility and convenience.** There's no need to commute, take much time off, or arrange child care.
- **More privacy.** You don't have to sit in a waiting room, and you may feel more at ease talking to a therapist from the comfort of your own home, on your own device. Be sure to find a distraction-free, quiet place in your home where you can chat with your therapist.
- **Lower costs.** Virtual sessions may cost less than traditional visits, and you don't have to spend money on gas traveling to your appointment.
- **Greater access to care.** Some people may not have a way to get to a therapist due to physical disabilities, transportation issues, or geographic location. Teletherapy makes it possible to connect to a therapist, even if they're miles away.

Source: <https://positivepsychology.com/teletherapy/>

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