



## 4 Reasons to Try Teletherapy Today

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Our daily routines have changed drastically over the last few weeks due to the COVID-19 global health pandemic, but luckily there's one area of life you can keep up with while in quarantine: weekly visits to your therapist.

Mental health agencies across the state and country are transitioning to teletherapy services (virtual therapy sessions over video or phone call) so clients can continue to get the support they need during this stressful time. Here at Relate Counseling Center, we were able to fully transition to teletherapy within a matter of days thanks to our hard-working administrative and clinical teams. Existing clients have the option to utilize virtual services and we're also currently accepting new clients for teletherapy.

Unsure if teletherapy is for you? I get it, talking to a therapist through a screen is definitely a different experience than traditional face-to-face counseling. But after offering teletherapy myself for the last two weeks and hearing feedback from my clients, I can confidently say it's a solid Plan-B while communities work to contain and treat Coronavirus.

Here are 4 reasons why you should consider meeting with a teletherapist:

- 1. Life is just plain hard right now and all of us can use some extra support:** Even if you've never experienced anxiety or depression before, the current climate of worry and uncertainty is almost certainly affecting you. Maybe you're a college student who has suddenly found yourself home from school. Or a middle schooler who's seriously missing your friends. Or a parent struggling to have your kids home 24/7. Or a caretaker of an elderly loved one. No matter the circumstances, life right now is hard. Talking to a therapist (even virtually) can help you gain perspective, learn new coping tools, and feel a little less alone.
- 2. Teletherapy is easy and covered by insurance.** Here's how teletherapy works: Once you've scheduled an intake, your therapist will send you a link to a private Zoom meeting (I send these the morning of the appointment). You can do the session on your laptop or phone. If Zoom isn't a good option for you, we can also use FaceTime or regular calls. And yes, most insurance companies are covering teletherapy services right now just like face-to-face sessions.
- 3. Pretty much anyone can do teletherapy.** I'm currently doing teletherapy with adults, couples, families and kids. It's easy to have multiple people in the session if needed. And there are several fun ways to engage kids in teletherapy – I've been playing a lot of online games, doing art projects and practicing yoga with my kid clients. Thanks to technology, we can do a lot more than just talk and teletherapy is still very engaging.
- 4. We have immediate openings for new clients.** Sometimes the waitlists for therapy can get long, but Relate is able to help right away with whatever you are experiencing. Contact us today to get connected with a therapist and get started on your teletherapy journey.

If you or a loved one are struggling to cope with all the current uncertainty and change, consider reaching out to a teletherapist for additional support. Even just a few sessions could make a big difference. To schedule an intake with a Relate Counseling Center therapist, please call 952-932-7277. You can also learn more about Relate at [relatemn.org](http://relatemn.org) or follow us on Facebook.