

How BetterHelp Mobile App can be used for Online Counseling

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In brief

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In every stage of life, we are confused or are in a dilemma. At certain times we keep on thinking about our fears and our problems and end up messing with our thoughts. This is one of the most difficult times in our lives. Career, Finance, Relationships, and mental health are some of the major issues and problems that we always face at any stage in our life.

What today is for us might not be there for us tomorrow. During the pandemic times, the mental health of a larger fraction of people is affected. Be it small kids, teenagers, youths, or the old ones, all have been facing a lot of troubles during this time period.

Help from someone, support, or advice can help you to get relieved from all that stress, anxiety, and problems. Counseling is thus required to motivate the people for a healthy life and help them to get out of the fears, and the troubles that they are facing. Technology has also pooled in the counseling firm and there are a lot of websites and mobile apps available for providing the counseling services.

BetterHelp is dedicated to providing online counseling services so that people can get a solution to their problems. If you are thinking about how an app can help you to get out of the problems or how it can help you to cope with your fears, then here is what the app does.

Professional, licensed, and certified counselors to help you

At BetterHelp, you get connected to a much larger network of accredited and experienced professional counselors. These counselors can help you to cope with the problems and the situations that you are facing. Be it depression, anxiety, relationship issues, trauma, grief, or anything else, counselors help you to get out of all such things easily.

How does BetterHelp work for you?

BetterHelp offers a mobile app that can help you to contact experienced counselors for your problems. Being a convenient way, BetterHelp is helping folks all over the globe for all the problems that they face.

Before we get deep down into how it works, let us know some of the features & how and why it should be used for online counseling.

- On BetterHelp, you get more than 10,000 counselors and therapists that are licensed, authorized, and accredited for their work. The counselors are specialized in their fields and can provide services like CBT and DBT.

- With BetterHelp, fighting with stress becomes easier. With positive mental health, a person has positive health.

- Professional help to deal with depression, anxiety, fears, OCD, and other sorts of problems that you are facing.
- The counselors are well trained and certified and thus ensures you the secured assessment and only approved methodology is used while the counseling procedure.
- A counselor is matched for your requirements as per the problems.
- You get unlimited communication with the counselor and therapist.
- Live sessions, chat sessions with the counselors at the time that you want.
- Constructive webinars to boost up your mental health.

With all these features and benefits, BetterHelp aims to provide better mental health and solutions to the problems that people face in their lives.

Getting solutions to your problems with a better life is much easier. All the conversations are secured and safe. The counselors make sure that you feel happy and confident after attending the sessions. Here is how you get started with it:

Get the best counselor matched for you

At times, when you are not feeling well or happy or feeling disturbed, confused, stressed, it is better to take the help of a counselor. The reason being, their neutral perspective can help you to make the right decision and help to bring about the positive change in your life.

At BetterHelp, you first get matched for the best-suited counselors for you. With a questionnaire, our software and smart systems try to find out the basic area of problem and the counselors that are best in dealing with such situations. By answering a few questions, you will be matched to the counselors best suited for you. At BetterHelp, there is a network of a large number of counselors that can help you with your problem.

Communicate with the counselor

When you get matched for the counselor for you, you can choose the one that fits your budget and requirements. After finalizing the counselor, you and the counselor get a secured room or place, where you can talk about all of your worries and problems. Be it any time, you can communicate to the counselor as suitable to you.

In the room, you do anything, like posting what is going on in your life, what you did today and how you felt, etc. The private place can be accessed to you from any internet-connected device and from anywhere.

A counselor can also access the room and then respond to you accordingly.

Also one can talk in the way they are comfortable. A user can either text, chat, phone calls, or do video counseling as they feel happy.

Customizable sessions: BetterHelp provides flexibility to customers. This means that the users can schedule the live sessions at the times they require. Also, you get connected to the therapist at every time over messages so no scheduling and wait are required.

You can get support with the problems like:

- Panic Attacks
- Bipolar and Mood Disorders
- Post Traumatic Stress Disorder (PTSD)
- Social Anxiety

- Depression
- Anxiety
- Obsessive-Compulsive Disorder (OCD)

Unlimited sessions with counselors: The major benefit of a BetterHelp app is that users can have unlimited sessions and talks with their counselors. There are certain factors that can affect the session quality like the availability of time and the interaction you developed between you and the counselor etc.

Effective online counseling: BetterHelp aims to provide you a better and healthier mental health and lifestyle. So, if you are wondering that online counseling is effective or not, then here is something that researchers have found. An online medium is considered the best means for making changes in life. Counselors at BetterHelp are friendly and professional to guide you in the right way.

Here is why you should choose BetterHelp with all of your problems:

- Certified counselors - At BetterHelp only certified and accredited counselors deal with your problems.
- Secured and safe - All your information and chats are saved and secured. We prioritize your privacy. private rooms that cannot be accessed by anyone else except you and your counselors.
- Always available - Stay connected to your counselor through messaging at all the time. No restrictions on how many sessions you undergo for one day.
- Customizable - Users can easily schedule the live sessions as per their availability.

For all your problems related to your life decisions, you can rely on the counselors. Get advised by the professional and certified counselors only at BetterHelp. Contact us now to know more about the services that you can get from a BetterHelp app.

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