



GLASGOW ANXIETY & DEPRESSION  
SUPPORT SERVICE

## **ONLINE THERAPY AND SUPPORT**

### **What is Online Therapy and Support?**

PLEASE NOTE: we will begin providing this in winter 2018. Online Therapy (or e-therapy) is a relatively new development in mental health and psychotherapy. Therapists provide emotional and psychological support in real-time and therapy can be accessed in the comfort of your home:

- The main difference between online and face-to-face therapy is that Online Therapy and Support are provided online. The same working agreements, confidentiality, privacy procedures, boundaries etc. also apply to Online Therapy.
- Online Therapy has many advantages including: accessible to those living in remote/rural areas; accessible to those experiencing physical limitations; convenient; can be accessed from home (no travelling); less expensive (no room hire or travelling costs); and can be easier to fit therapy into busy, daily life.
- Concerns and problems that can be addressed include: eating disorders; depression; low mood; anxiety; stress; relationship issues; work-related issues; bullying; and much more. It's also possible to access Online Guided Self-Help if you prefer a more structured approach to support.
- It offers a sense of anonymity for those who feel that this is important when accessing therapy.
- It can be long-term or short-term and depends on each individual and the problems being addressed. We go at YOUR pace!

- It is private and confidential. We use a high quality platform offering a safe and easy-to-use interface for arranging, paying for and 'attending' sessions. If you have a computer, and are comfortable using the internet, you will find Online Therapy straightforward. Therapy can be conducted using text-based communication (i.e. communicating via typing, in real-time) or video platforms, so that you and your therapist can see each other.