

Virtual Therapy Checklist

Is virtual therapy right for me?

By Catherine Sullivan, MSW, RSW

DO YOU WANT COUNSELLING THAT IS?

- Convenient
 - Counselling on your terms, not the counsellor's
 - You can do it where you want (as long as it's safe and private)
 - At any time you want
 - On any device (phone, tablet or laptop)
 - Without having to drive to an office
- Accessible
 - You don't have to address why you need counselling before you get out the door.
 - If you're too anxious or depressed to leave home or too disorganized to leave home and be on time - you don't have to.
 - You also don't have to worry about traffic or parking.
 - If you live in a rural or remote area that doesn't have in person services close by you can still access counselling.
 - If Wi-Fi is a barrier, sessions can be done over the phone.

