WE’RE ONLY A CLICK OR CALL AWAY!

Online Therapy is here!
10 REASONS WHY OUR ONLINE THERAPY SERVICE MEANS MORE AND BETTER CARE FOR YOU!

Great Circle has expanded our online therapy services during this critical time – enabling you to receive virtual services for the behavioral support you and your family may need right now. If you need help, we’re as close as your smart phone or computer, and available to work with children, adults and families. Call us at 1-844-GCHELPS (424-3577).

Here are 10 ways why online therapy is such an exciting breakthrough for you:

1. **Improved access.**
   An in-person visit with a behavioral health provider is a real challenge right now, plus the availability of this type of service is always in short supply in many parts of Missouri. Online therapy (a form of telehealth) gives you the flexibility to receive service right in your home. Plus, you’ll probably see a shorter gap between the time you schedule your appointment and the time you talk with a therapist. If you can use Zoom, you can connect to online therapy.

2. **High quality.**
   Studies show online therapy for behavioral health patients can result in better outcomes and stronger patient satisfaction vs. traditional in-office methods.

3. **Immediate access.**
   How long have you waited to get a counseling appointment, knowing you will have to juggle your or someone’s schedule to make it happen? Online therapy allows clinicians and clients the flexibility to schedule when it is convenient for both.

4. **Shatters stigma.**
   Stigma is one of the greatest barriers to engaging youth in mental health treatment. Adolescents often do not want their peers to know they are receiving therapy services. Recent studies show online therapy for youth may yield more positive results than in-person care due to the reluctance of this age group to participate in traditional in-office therapy sessions.

5. **Eliminates physical limitations.**
   Online therapy removes barriers brought on by the unexpected, such as a car breakdown or as we are currently challenged by larger community health issues. You can keep appointments even if you have a cold, without using gas, or travel isn’t an option.

6. **Consumers want it.**
   Studies over two decades consistently validate client satisfaction with online therapy, with strong satisfaction rates (90% and above) for children, adolescents and parents.

7. **Kids prefer it.**
   Our youth have grown up with technology. More than two-thirds of teens own a smart phone and spend at least four hours on it every day. Most kids are fully comfortable communicating through a screen.

8. **Comfortable surroundings.**
   Clinical office settings can be intimidating. Clients, especially our younger populations, may be more willing to open up with a therapist in a place where they feel safe, perhaps within reach of a pet or familiar possession that brings comfort.

9. **Helps clinical “eyes.”**
   Clinicians have the expanded ability to observe parent/child or sibling interactions in and provide coping techniques unique to the family’s setting and dynamics.

10. **Easier on everyone’s pocketbook.**
    Online therapy has been shown to reduce healthcare costs and increase efficiency through better management of chronic issues, shared health professional staffing, reduced travel times, and fewer or shorter hospital stays. And with our current community health challenges, it’s nice to know that addressing your family’s mental health needs is just a click or a call away!

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