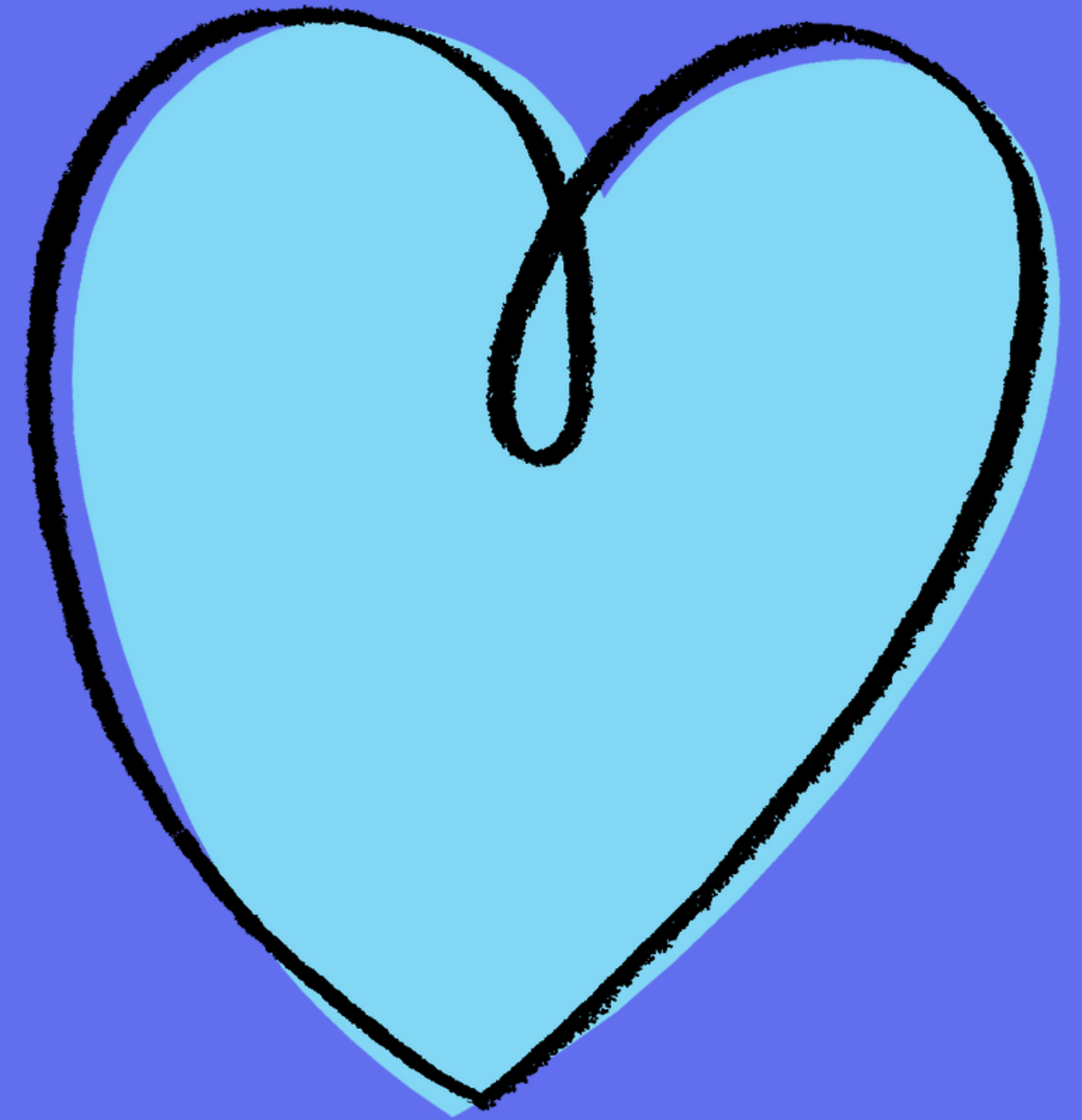




Are you wondering
whether **online
psychological
support** is a good
fit for you?



”

You don't have to be distressed or traumatized to need mental support. Each of us has our own problems, and we should not belittle them.

When we feel that everything is too much or we are experiencing difficult emotions, it's worth talking to a psychologist who can help restore our inner balance.

Is online psychological support for me?

Anyone can benefit:

Therapy is not just for people with diagnosed mental health conditions. Everyone can benefit from therapy, whether it's to improve communication skills, manage stress, or work through difficult life transitions.

No shame in seeking help:

Seeking therapy is a brave and courageous decision, and it's important to remember that there is no shame in seeking help. Mental health is just as important as physical health, and seeking therapy is a sign of strength, not weakness.

Confidentiality

Therapists are bound by confidentiality agreements and are committed to protecting your privacy. You can feel safe and secure in the knowledge that your sessions are private and your information will not be shared without your consent.

Is online psychological support for me?

Non-judgmental space:

Therapy provides a non-judgmental space where you can feel free to express yourself without fear of being stigmatized or criticized. Therapists are trained to be compassionate, understanding, and accepting of all individuals, regardless of their background or circumstances.

Tailored to your needs:

Therapy is a personalized experience that is tailored to your individual needs and goals. You and your therapist will work together to create a treatment plan that works best for you, taking into account your unique circumstances, strengths, and challenges.

**When you might
consider going
to therapy?**



When you're experiencing **distress**

If you're experiencing distress in your life that is impacting your ability to function and enjoy your daily activities, it might be a sign that you could benefit from therapy.

This could include feelings of sadness, anxiety, or stress, difficulty with relationships, or struggles with self-esteem.



When you're going through a major life transition

Major life transitions, such as the loss of a loved one, a divorce, a job loss, or a move to a new city, can be challenging to navigate on your own.

Therapy can provide you with the support and guidance you need to manage these transitions and come out the other side feeling stronger and more resilient.



When you're feeling **stuck**

If you're feeling stuck in your life, whether it's in your career, your relationships, or your personal growth, therapy can help you gain clarity and identify what's holding you back.

A therapist can help you set goals and develop a plan to move forward in a positive direction.



When you want to improve your overall **well-being**

Finally, even if you're not experiencing significant distress, therapy can help you improve your overall well-being and quality of life.

By developing self-awareness and new skills, you can become more resilient, happier, and more fulfilled.





At Emplomind, it's our mission to promote mental health awareness, reduce stigma, and provide resources which help companies improve overall mental health and well-being.





**If you are reading this presentations,
your company uses Emplomind mental
health support.**

Remember that you can always sign up
for an anonymous and secure session with
our specialist. All you have to do is log in to
your account in the app. If you do not have
access, contact your HR department.

