# How Telehealth Therapy Has Revolutionized Access to Mental Health Care Everywhere

The introduction of telehealth therapy has fundamentally transformed the world of mental health care. By offering accessibility, options, and convenience, telehealth therapy has allowed the stigma surrounding mental health care to significantly weaken.

## Accessibility Thanks to Telehealth Therapy

One of the most significant impacts of telehealth therapy on the mental health scene is its ability to overcome many barriers regarding an individual's access to receiving mental health help.

Those who live in rural or remote areas (like most of Michigan’s Upper Peninsula, for instance) once had trouble finding mental health providers as they may have been scarce or nonexistent. Now, virtual counseling enables these people to connect with licensed therapists regardless of their physical location. This flexibility not only expands the individual's access to mental health care but also saves time and resources for both patients and providers.

Beyond being a geographical solution, telehealth therapy is an effective tool for addressing mobility challenges faced by individuals with disabilities or chronic illnesses. For these people, traveling to a therapist's office may not always be an option.

By offering virtual counseling sessions, telehealth ensures that these individuals are granted access to the support they need from the comfort and convenience of their homes.

## Breaking Down the Stigma

Another critical barrier that telehealth therapy helps overcome is the stigma associated with seeking mental health treatment. Unfortunately, many cultures and communities still experience a pervasive and restrictive stigma around mental illness, which can and has prevented many individuals from seeking essential mental health help. Telehealth allows those living in these areas with a harmful mental health stigma to receive therapy discreetly and privately.

Telehealth therapy has revolutionized people's mindset around mental health care. As more people are receiving therapy, the stigma surrounding it weakens. With greater access to the essential form of health care will come greater respect for the science of mental health.

These revolutionary changes were most prominent during the COVID-19 pandemic, which emphasized the critical importance of telehealth in ensuring continuity of care during times of crisis or when in-person visits are restricted.

Thanks to the COVID-19 lockdowns and isolations, many found themselves mentally struggling.

Therapists had to act quickly, and many transitioned to providing services via telehealth platforms, demonstrating the adaptability and resilience of this form of care. As a result of these adaptations and the many advantages they brought with them, telehealth has become increasingly integrated into mainstream mental health practices, finding growing acceptance among both providers and patients.

## We Are Here for You

Telehealth therapy will continue to evolve alongside our advancing world, bringing with it the revolutionary advantages of boosted access to mental health care. If you are ready to join the revolution and would like to give virtual counseling a try, we are here for you.

Our teletherapy platform is equipped with skilled and compassionate teletherapists who are ready to help you begin living a happier, healthier life. [Contact](https://www.michiganpsychologicalcare.com/contact.php) us today, and we will pair you with an online counselor who is ready to partner with you in your healing journey.

**References**

<https://www.psychologytoday.com/us/blog/millennial-media/201901/14-benefits-teletherapy-clients>

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