

Teletherapy Facts

Title: *“Online Counseling: Your Healing, Your Way”*

What It Is:

- Talk to a counselor by phone or video. **According to research**, this could make therapy more private and accessible.

A recent study in Nigeria found teletherapy sessions with reminders led to higher attendance and faster recovery. **Experts also say** telehealth bridges the gap in places with few mental health providers like Nigeria.

Why It Helps:

- More private: no travel, no judgment.
- Flexible: talk when you're ready.
- Research shows: **Teletherapy helps more women show up and stick with healing.**

Tips:

- Find a quiet room.
- Make sure you have airtime or internet.
- Keep reminders in your phone.
- If you need help, **Morayo can assist with data or airtime.**