Benefits of Online Therapy

Online therapy is accessible and anonymous, and available from the privacy of your own home.

Over 15 years of research confirms that online therapy can be just as effective as in-person treatment for many mental health concerns.

Online therapy gives you access to The LightHouse Arabia’s psychologists, psychiatrists, occupational therapist, and speech & language therapist, no matter where you live or travel.

Many people are turning to the internet for professional psychology and psychiatry services and find it to be an ideal way to discuss their difficulties, challenges, and personal concerns – especially during the COVID-19 Crisis.

Benefits of Online Therapy during COVID-19:
- Flexibility
- Anonymity
- Comfort & safety of your own home
- Effectiveness
- Accessibility to support while you can’t leave home
- Easy access for busy parents
- Familiar platform for teens
- Saves travel time

Online therapy allows you to have ‘face-to-face’ communication, so it is just like being there with your therapist.

Online therapy and psychiatry are comfortable and convenient ways to receive effective counseling without experiencing anxiety about leaving your home while practicing social isolation.

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