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Telemental Health Benefits

Effectiveness of Virtual Therapy

Tips for Symptom Management:

(Anxiety & Depression)

Contact: Schedule a Session

April
2020



Insight into navigating your “new norm”

Mental Health Awareness



statistics >>>

Effectiveness of Telemental Health (virtual) Counseling

Research indicates that **over 60%** of those who undergo cognitive behavioral therapy (CBT) experience substantial improvements in reduction of anxiety and depression symptoms. (source: UNC Chapel Hill, Dept. of Psych)

Telemental health is **equivalent to face-to-face** sessions.

Telemental Health is an **acceptable alternative** to in-person counseling sessions. (source: American Psychological Association)

Virtual Counseling Support

Managing Anxiety and Depression during a Pandemic:

2020 was touted at the year of clear vision and unlimited possibilities. While positive outcomes are still possible, the future is a bit uncertain currently. The unknown can be a scary place for some people. Fear is not a good place to live. Instead, we must pivot: to accepting our current circumstances as our “new norm.” The good news is that help is available for you to transition with these life changes. You **can** handle each day as it comes.

Benefits of telemental health counseling:

1. Accessibility – Quality therapy is available via video or phone calls.
2. Convenience -- Therapy is in the comfort of your home (or yard, office, etc). No driving required!
3. Flexibility -- Work/life balance can be accommodated.

What to Expect:

- Safe, secure (HIPAA compliant) video platform for sessions.
- Nurturing therapeutic relationship
- Cognitive Behavioral Therapy best practices to manage anxiety and/or depression
- Costs equal to in-person appointments

Accepting
help is its own
kind of
Strength



Managing Anxiety

- ✓ Avoid your triggers
- ✓ Pause. Breathe.
- ✓ Shift your perspective
- ✓ Challenge worry thoughts
- ✓ Use grounding techniques to stay in the moment
- ✓ Remember: control over own actions; not others.
- ✓ Journal
- ✓ Exercise

Managing Depression

- ✓ Write down negative thoughts. Reframe.
- ✓ Avoid cognitive distortions
- ✓ Daily participation in joyful activity
- ✓ Socialize with positive people
- ✓ Ask for help
- ✓ Complete at least 1 purposeful task each day
- ✓ Enjoy nature.
- ✓ Gratitude – reflect daily.

Contact >>>

Ready to Schedule your Telemental health session?

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