



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

Benefits of Online Therapy



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.



OVER 15 YEARS OF RESEARCH

confirms that **online therapy can be just as effective as in-person** treatment for many mental health concerns.

SAVES TRAVEL TIME

FAMILIAR PLATFORM FOR TEENS

EASY ACCESS FOR BUSY PARENTS

ACCESSIBILITY TO SUPPORT WHILE YOU CAN'T LEAVE HOME



FLEXIBILITY

ANONYMITY

COMFORT & SAFETY OF YOUR OWN HOME

EFFECTIVENESS

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.