

# Benefits of Teletherapy

Teletherapy allows people to get mental health treatment at home without risking the spread of infection during epidemics and pandemics. It's even beneficial when there's not a global pandemic!

## *Why choose teletherapy?*

- **Teletherapy is safe & private.**
- **Teletherapy is easy to access.**
- **Teletherapy provides flexibility.**
- **Teletherapy can save time.**
- **Teletherapy can improve access to treatment.**

**Contact us today to schedule a teletherapy consultation visit**  
[www.longislandteletherapy.com](http://www.longislandteletherapy.com)



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*We've gone virtual...*



[www.liteletherapy.com](http://www.liteletherapy.com)

Online counseling services available throughout New York State