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Online Therapy Sees Massive Growth Since Lockdowns

FOR IMMEDIATE RELEASE

Melbourne, Australia - 13 April 2021 - Since Australians were thrown into lockdown, the request for mental health services has surged with therapists being unable to keep up with the demand.

Mental health statistics released during COVID-19 revealed that one in seven Australians rated their mental health as fair or poor. It is clear that the pandemic has not only had a financial impact but has also affected the mental wellbeing of many Australians. In response, the Government has increased its capacity for mental health services, including investment into online telehealth therapy.

Businesses have also responded to COVID-19 in novel ways, with restaurants going online holding cooking classes, lounge rooms becoming gyms and health clinicians introducing telehealth services.

Ben Southall, founder and CEO of Talked.com.au an online counselling platform says that, “during the pandemic, we saw the demand for telehealth significantly increase and even though restrictions have by and large been lifted, we have seen clients not wanting to go back to the traditional counselling setting as it’s more convenient for them to talk to their counsellor from the comfort of their home and at a time that suits them. It also means that people can connect with counsellors from all over Australia, which expands their ability to find the right therapist with the expertise they need.”

While 2020 will always be remembered as one of the most challenging years in history, it’s clear that the pandemic has put mental health at the forefront of people’s mind, which can only be a good thing.

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