

# Teletherapy



Teletherapy offers a convenient solution for therapy sessions, connecting users with a national network of licensed therapists. Therapists can access relevant user data to provide personalized care and address core issues effectively.

Regular interaction with a therapist can lead to significant improvements in various aspects of life, fostering better coping strategies, self-awareness, and overall well-being.



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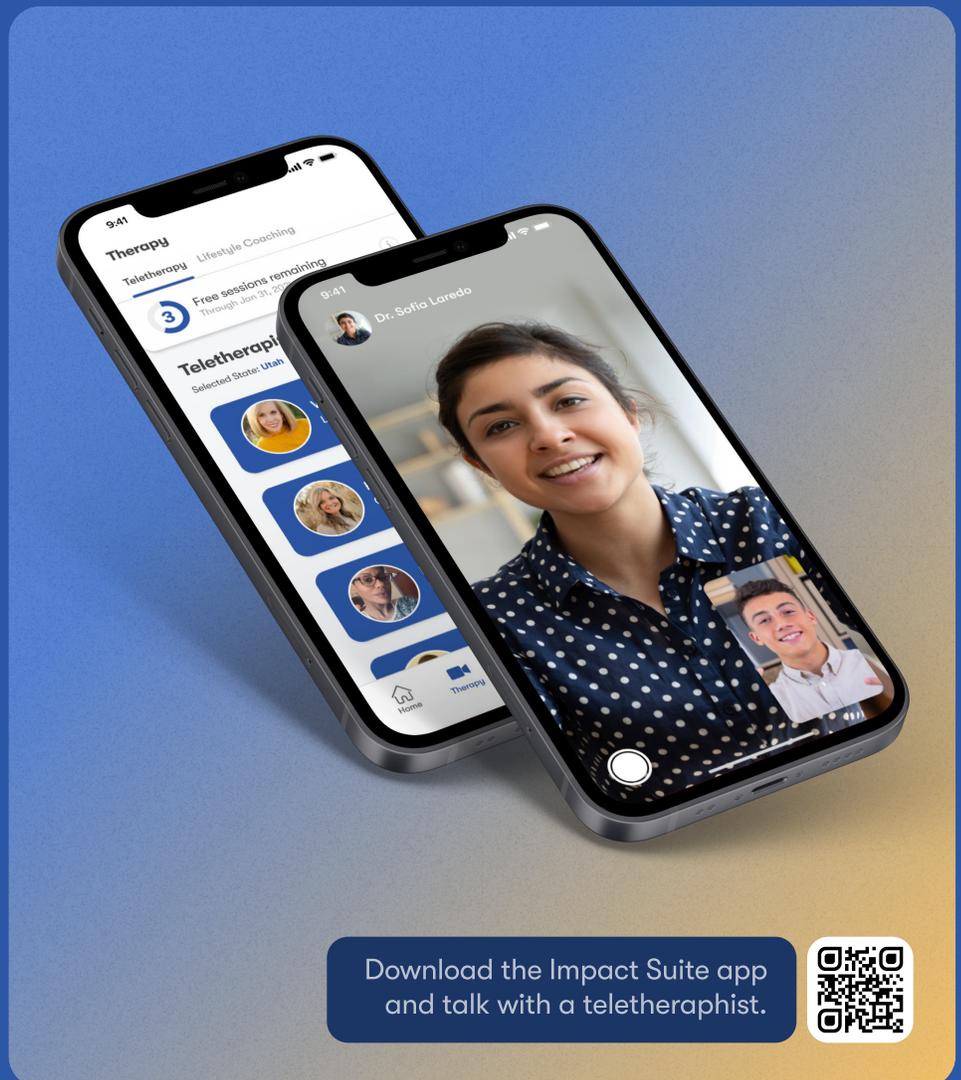
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Download the Impact Suite app  
and talk with a teletherapist.



## Ways to use Teletherapy

Schedule sessions with a therapist through the Impact Suite app.

Allow therapists access to your data for personalized care.

Utilize follow-up prompts and reminders for consistent therapy.