

## Psy-help-online.ch

Psy-help-online.ch is a Swiss internet-platform which provides counselling or psychotherapy via webmail, online-chat, telephone or Skype. Clients can choose a psychologist from a pool of accredited psychotherapists and arrange a date in the online calendar.

### Target Groups

- Adults

### Topics

- General

### Type of Best Practice

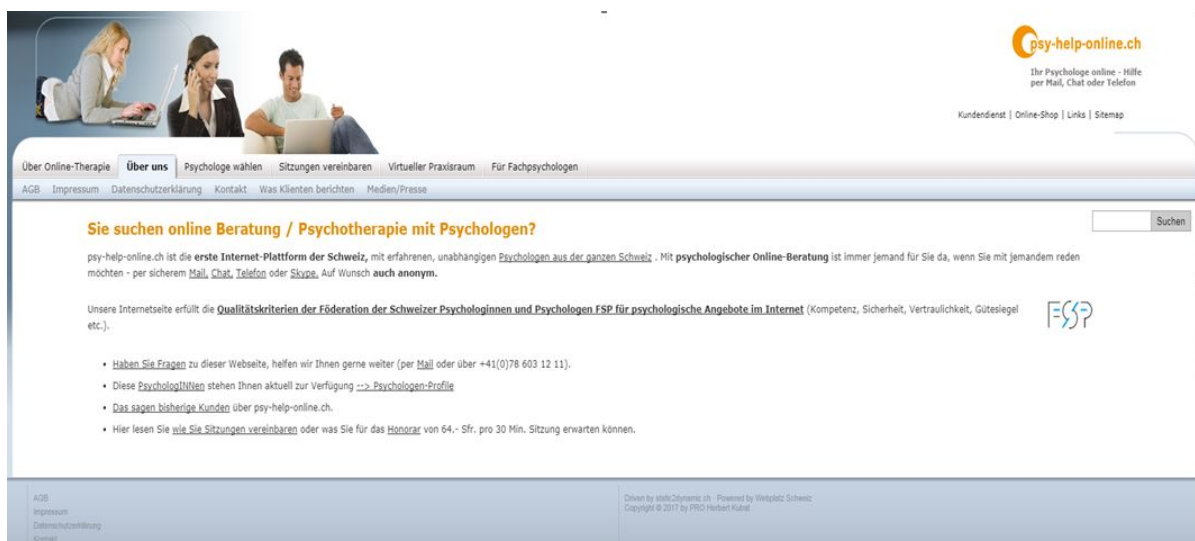
- Counselling
- Therapy

### Country

- Switzerland

## Description

Psy-help-online.ch is an internet-platform in Switzerland with experienced, independent psychologists from all over Switzerland. It fulfills criteria of the federation of Swiss psychologists for psychological offers in the internet (competence, security, privacy etc.). Counselling or psychotherapy can be conducted via webmail, online-chat, telephone or Skype and it can be undertaken in German or English. Clients can choose a psychologist from a pool of professional psychotherapists and arrange a date in the online calendar.



The screenshot shows the German version of the website. The main heading is "Sie suchen online Beratung / Psychotherapie mit Psychologen?". Below this, it states: "psy-help-online.ch ist die erste Internet-Plattform der Schweiz, mit erfahrenen, unabhängigen Psychologen aus der ganzen Schweiz. Mit psychologischer Online-Beratung ist immer jemand für Sie da, wenn Sie mit jemandem reden möchten - per sicherem Mail, Chat, Telefon oder Skype. Auf Wunsch auch anonym." It also mentions that the website fulfills the quality criteria of the Swiss Psychological Association (FSP) and provides a list of services and contact details.

## Original language

German

## Country

Switzerland

## Link

<https://www.psy-help-online.ch/index-de.php?frameset=3>

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