Instahelp

Ieso Digital health (stafræn heilsa) veitir gagnreynda (evidence-based) rafræna meðferð fyrir einstaklinga með kvíða og þunglyndi. Veitt eru rafræn skrifleg samtöl einstaklinga við sérfræðinga í trúnaði. Einstakingar eru í sambandi við viðurkennda sálfræðinga sem hafa meira en 3ja ára reynslu af hugrænni atferlismeðferð. Enn fremur býður *Ieso* þjálfun fyrir heilbrigðisstarfsmenn þar sem lögð er áhersla á geðheilsuvandamál.

Markhópur	Efni	Tegund	Land
• Fullorðnir • Hjón	• Almennt	• Náms- og starfsráðgjöf	• Austurríki

Instahelp was founded in 2015 with the vision to improve the quality of life of the visitors by providing easy access to psychological counseling. It offers psychological online consulting in real time and creates a complementary offer to the existing consulting system. Clients have the opportunity to contact online professional psychologists and find a solution through chat-based communication. The focus here is on preventive counseling and support in order to support people before problems arise at all.

The instructions how to make use of the services is given to potential uses as follows:

“Create an anonymous Instahelp account.

Perform the registration to get anonymous access to Instahelp.

Select a psychologist in the first conversation.

The Instahelp coach answers your questions about Instahelp and suggests a psychologist.

Perform the payment.

Choose your preferred payment method and turn off the advice through your payment.

Start the consultation with your psychologist.

The Instahelp psychologist reports within 24 hours and agrees with you the further consultation process.”

The pricing system depends on the consulting frequency and the extent of the psychologist to react to questions.

1-2x per week (Textchat) or 20 minutes per week in the Livechat (text, audio, video): 29 € per week

3-4x per week (Textchat) or 40 minutes per week in the Livechat (text, audio, video): 49 € per week

5-6x per week (Textchat) or 60 minutes per week in the Livechat (text, audio, video): 69 € per week



Upphaflegt tungumál

German

Land

Austria

Tengill

https://instahelp.me/at

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https://www.ecounselling4youth.eu/project/