

## Instahelp

*Instahelp* je osnovan 2015. godine s vizijom poboljšanja kvalitete života posjetitelja pružajući jednostavan pristup psihološkom savjetovanju. Pojednostavljuje online psihološko savjetovanje i stvara komplementarnu ponudu postojećem sustavu savjetovanja. Klijenti imaju priliku kontaktirati online profesionalne psihologe i pronaći rješenje komunikacijom putem chat-a. Ovdje se usredotočuje na preventivno savjetovanje i podršku kako bi se podržalo ljudi prije no što se problemi pojave.

### Ciljana skupina

- Odrasli
- Parovi

### Tema

- Općenito

### Vrsta dobre prakse

- Savjetovanje

### Zemlja

- Austrija

## Opis

*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 users 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

 **Instahelp**

Online-Beratung ▾ Ratgeber ▾ Über uns ▾ [Login »](#)

## Online-Beratung von erfahrenen Online-Psychologen

**Über 5.600 Personen wurde durch Instahelp bereits geholfen**

Wir beraten Sie in allen Lebenslagen. Egal, ob bei Beziehungsproblemen, Depression, Jobunsicherheit oder Magersucht. Unsere Online-Psychologen sind für Sie da! - bequem von zu Hause aus und zu 100% anonym

Schon ein einziges Gespräch mit einem Online-Psychologen kann Ihr Wohlbefinden steigern. Beschreiben Sie Ihr Anliegen. Sie erhalten innerhalb von zwei Minuten eine Antwort!

 ab € 9,90 (Erstgespräch kostenlos)

[Online-Beratung starten >](#)

### Bewertungen der Online-Psychologen

 <a href="#">Profil ansehen</a>	<b>Dr. Carolina Mayer</b> Online-Psychologe bei Instahelp  Durch Fragen hat Sie mich in Richtungen gelenkt, die mir unheimlich geholfen haben - und das in nur wenigen Sitzungen.	 <a href="#">Profil ansehen</a>	<b>Mag. Dr. Annette Wallisch-Tomasch</b> Online-Psychologe bei Instahelp  Sehr viel Vertrauen in kurzer Zeit, sehr konkrete Handlungsansätze, lässt nicht locker. Nimmt sich Zeit,	 <a href="#">Profil ansehen</a>	<b>Mag. Raphael Duque</b> Online-Psychologe bei Instahelp  Perfekt! Überaus rasche Antwort, total nett und bemüht. Fühle mich gut aufgehoben
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## Jezik originala

German

## Zemlja

Austria

## Poveznica

<https://instahelp.me/at>



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