

# Therapy: Start Learning Yourself

Written by: Kyle Shirley



Whether you are in full control of your mind, in full-blown crisis, or somewhere in between, therapy can provide serious benefits to anybody. Therapy gives people the opportunity to take a journey into their mind with a professional and impartial guide.

## How to Find a Therapist Near Me

If you're struggling with mental health, it's important to know that you are not fighting this fight alone. A therapist can provide you with support, guidance, tools and more to help you manage your symptoms and live the life you deserve.

There are many ways to search for a therapist near me. You can do this by:

- Consulting your insurance directory.
- Asking someone you trust for a referral.
- Using a reliable online database, like Psychology Today or Good Therapy.
- Exploring local resources, such as your county health department.

## What is Online Therapy?

If you're not able to find a therapist near you, or if you prefer to have therapy from the comfort of your home, you can consider online therapy. Online therapy is a convenient and affordable way to get mental health treatment.

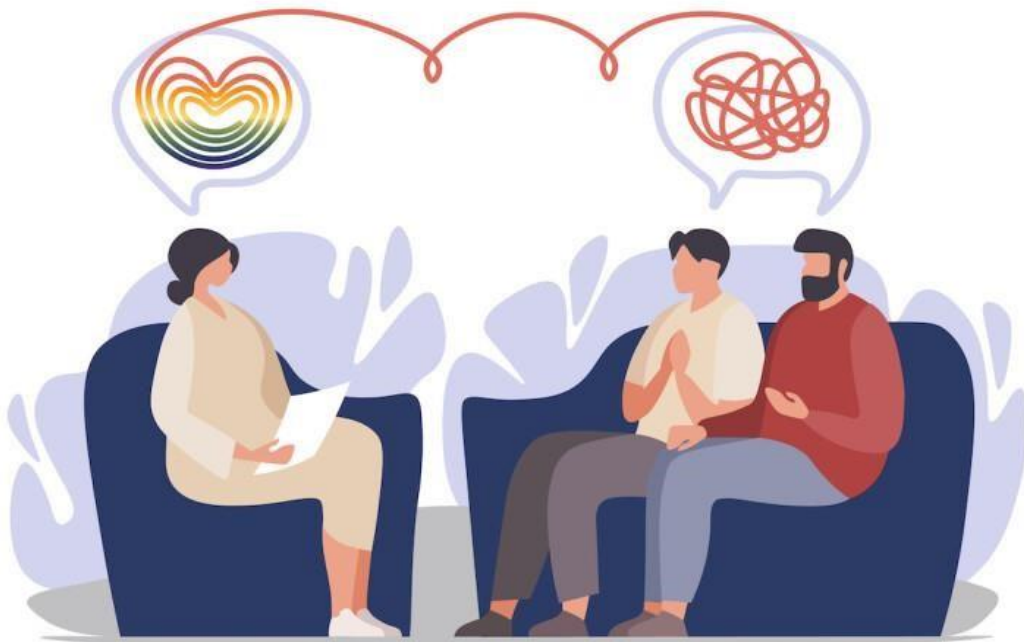
There are many potential benefits to online therapy, some benefits include:

- **Convenience:** therapy can be done from anywhere with an internet connection, so you don't have to worry about travel time or finding parking.
- **Flexibility:** Therapy sessions can be scheduled at your convenience, so you can find a time that works for you.
- **Privacy:** Online therapy can be more private than traditional therapy, as you can conduct your sessions from the comfort of your own home.
- **Access:** Online therapy can make it easier for people to access mental health care, regardless of their location or transportation limitations.
- **Variety of providers:** There is a wider variety of providers available for online therapy, so you can find a therapist who is a good fit for you.

For an online therapy provider with all these perks and more, check out [Better Help](#).

## What is Family Therapy?

If you're struggling with a family issue, such as conflict, communication problems, or addiction, family therapy can be helpful. Family therapy involves all members of the family. The therapist can help a family to communicate better, resolve conflicts, and build stronger relationships.



If you're interested in family therapy, you can find a therapist who specializes in this area by using the same resources as you would for individual therapy. Currently, [Better Help](#) offers therapy for individuals, couples, and teens.

## What are ADD vs ADHD?

ADD and ADHD are both mentally similar conditions that often get confused; However, some key differences make up ADD vs ADHD.

ADD is defined as difficulty paying attention and staying focused. People with ADD may have trouble following instructions, completing tasks, and staying organized. They may also be easily distracted and forgetful.

ADHD is characterized by difficulty paying attention, controlling impulses, and managing activity level. People with ADHD may fidget, squirm, or have difficulty sitting still. They may also talk excessively, interrupt others, and have difficulty waiting their turn.

If you think you or your child may have ADD or ADHD, it's important to see a doctor or therapist for diagnosis and treatment.

## What Does Anxiety Feel Like?

Anxiety is a normal emotion that everyone experiences. Anxiety is defined as a mental health disorder when this anxiety becomes overwhelming or persistent.

There are many different types of anxiety disorders, such as panic disorder and generalized anxiety disorder. Some symptoms of generalized anxiety disorder include:

- Excessive worry and tension
- Restlessness
- Feeling on edge
- Difficulty concentrating
- Irritability
- Sleep troubles

If you're experiencing any of these symptoms, talking to a doctor or therapist is important. They can help you to determine if you have an anxiety disorder and develop a treatment plan.

## What Does Depression Feel Like?

Depression is a mood disorder that impacts the way that people think and behave. Some common problems often caused by depression include a loss of interest in activities, and difficulty in home and work life.

Some common symptoms of depression include:

- Suicidal thoughts or self-harm
- Difficulty concentrating
- Sleep problems
- Feeling worthless or helpless
- Slowed movements or speech
- Changes in appetite

If you're experiencing any of these symptoms, talking to a doctor or therapist is important. They can help you to determine if you have a depression disorder and develop a treatment plan.

## Online Mental Health Tests

There are many online tests available that can help you assess your mental health symptoms, including an ADHD test, depression test, or anxiety test. These tests are not a substitute for a diagnosis from a mental health professional.

When choosing an online test, it is important to select one that is reputable and has been validated by experts. You should also be aware that the results of an online test may not be accurate for everyone.

Taking an online ADHD test, depression test, or anxiety test can be a helpful first step in getting help for these conditions. However, it is important to remember that these tests are not a substitute for a diagnosis from a mental health professional. If you are concerned about your mental health, please seek professional help.

Still have questions? There's a team of vetted therapists ready to help at [Better Help](#). Check our website to get matched with a therapist that suits you, so that you can start to learn more about your mental health. Check below for some easy tips to enhance your mental well-being today!

# 5 EASY WAYS TO IMPROVE MENTAL HEALTH



## 1. Smell the Flowers

Take a walk outside and focus on the beautiful works around you. Take a deep breath and enjoy the nature.



## 2. Relax & Create

Do something creative or relaxing like drawing, painting, or reading - even if it's just for 15 minutes!

## 3. Get Organized

Take control of your time. Use tools like alarms, schedules, and calendars to reduce your mental clutter.



## 4. Talk with Friends

Connect with friends or family. Try taking your text messages and phone calls into real-world conversations.

## 5. Treat Yourself

Give yourself an appropriate treat after working hard. Grab a coffee or see a show!



## SEO Research

1. [therapist near me]  
**Monthly Search Volume:** 232,000  
**Rationale of choosing this keyword:** High search volume with medium competition.
2. [online therapy]  
**Monthly Search Volume:** 31,000  
**Rationale of choosing this keyword:** Good search volume and relevant to the company.
3. [family therapy]  
**Monthly Search Volume:** 49,500  
**Rationale of choosing this keyword:** Good search volume with low competition.
4. [Better Help]  
**Monthly Search Volume:** 50,000  
**Rationale of choosing this keyword:** Highlight the site and send customers back to it.
5. [add vs adhd]  
**Monthly Search Volume:** 38,000  
**Rationale of choosing this keyword:** Good search volume with low competition.
6. [what does anxiety feel like]  
**Monthly Search Volume:** 14,000  
**Rationale of choosing this keyword:** Specific search with very low competition.
7. [what does depression feel like]  
**Monthly Search Volume:** 7,200  
**Rationale of choosing this keyword:** Specific search that aligns with the previous keyword.
8. [adhd test]  
**Monthly Search Volume:** 113,000  
**Rationale of choosing this keyword:** High search volume with low competition.
9. [depression test]  
**Monthly Search Volume:** 87,000  
**Rationale of choosing this keyword:** High search volume with low competition
10. [anxiety test]  
**Monthly Search Volume:** 15,000  
**Rationale of choosing this keyword:** Low competition and aligns with the other keywords.

#### Works Cited

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