

Our Platform

We understand that every person has different needs when it comes to mental health support. Some maybe looking for immediate support due to an event that has happened that day or others maybe needing long term support due to years of mental health struggles and deep rooted issues. In order to provide fully rounded support, we provide two services.

Our Matching Service

Our bespoke algorithm, at the heart of our matching service, took over two years to design and build, working with an expert technical team, qualified therapists and across various focus groups. To understand the needs of each individual in relation to their personality, part of the questionnaire is based on the Myers/Briggs personality test. We understand the importance of the client/therapist relationship and how finding the right connection is the key to a positive experience of therapy. This service provides access to personalised, highly qualified therapists, tailored to their individual needs. Therapy is not a “one size fits all” solution and at TherapyFinders we recognise that finding the right person can be daunting at an already anxious time. Our aim is to support people looking for help to find it quickly and easily.

Immediate Support (Emotional First Aid)

This service is designed as a single session service to help people cope with something they are struggling with at that moment, allowing them to share and talk through their emotions with a qualified therapist, so that after the session they can continue more productively with their day. This is an immediate support service, where people can connect with a therapist in minutes. This could be during lunch, break times or after work.

Emotional First Aid (EFA) also gives people, who may be sceptical or wary about entering into therapy, the opportunity to easily try a single session without having to commit to ongoing sessions, as this can often be daunting. TherapyFinders aim is to make it as easy as possible for people to access therapy in the way that suits them.

Emotional First Aid sessions are all online and run directly through our secure and private portal with TherapyFinders therapists.

Our Corporate Service

Our corporate service has been designed so that employers can feel confident that their staff are being well supported and so that employees don't have to worry about anything other than attending their sessions.

On a day-to-day basis we provide the following:

Service to employers

- We research your company, so that we can understand pressure points. This allows us to plan for possible surges in use of the service as well as the day-to-day stress levels of the industry sector. We do this to ensure that we are able to maintain our levels of service but to also be able to empathise with your situation
- Our welcome package includes
 - An introduction video
 - Marketing materials
 - On-site presentation
- We provide regular reports on usage stats - always maintaining employees anonymity

Service to employees

- Anyone looking for help will ALWAYS speak to a caring and empathic human being
- We will guide them through the questionnaire, matching each individual with the right therapist
- We schedule all sessions and take care of all payments
- We check in with each employee, at regular intervals, to make sure they are happy with the relationship - this is the key to a successful journey through therapy.
- If, for any reason, an employee isn't entirely happy we will place them with an alternative therapist.