

# New Virtual Counselling Agency Supports Canadians Struggling With Anxiety and Depression

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TORONTO, ONTARIO, CANADA, April 11, 2016 /EINPresswire.com/ -- HASU eCounselling Support has launched a virtual counselling agency that removes the traditional barriers to healthcare for people struggling with anxiety, depression and addiction.

Through private and secure online video, talk and text counselling, people can easily access and book sessions with experienced professionals when and where they need it.

HASU founder Gregory Rennie, who has been a therapist for 10 years, said he decided to launch HASU after seeing firsthand the negative impact of the gaps in Canada's healthcare system such as long wait lists and the lack of ongoing support.

"We created HASU because we wanted to get back to basics and provide client-centred care," he said. "Smartphones and tablets are now integral parts of our daily lives so it makes perfect sense to use existing technology to deliver online counselling."

According to a Stats Canada survey, every year one in five Canadians experience a mental health or addiction problem but only one-third of the people who had symptoms consistent with the surveyed mental disorders or substance dependencies saw or talked to a healthcare professional.

With the launch of HASU, Rennie said, "Online mental health counselling can become a viable and effective alternative to traditional counselling, while eliminating social stigmas in seeking help."

"Online counselling can be just as effective as face-to-face services. More people can get the help they need and, as important, it will improve the quality of care and reduce healthcare costs."

HASU provides access to social workers, psychotherapists and addiction counsellors across Canada who best meet an individual's needs. HASU is the first in Canada to offer secure online video, talk and text counselling for stress, anxiety, depression and addiction. Counselling sessions with a professional, registered therapist are available weekdays, evenings and weekends at \$85 an hour.

"Our mission is to match clients with certified therapists across Canada who specialize in mental health and addiction," he said. "We are growing and in the near future will be a 24/7 online service that offers support anywhere, anytime."

## About HASU:

HASU eCounselling Support is a Toronto-based company and is authorized to practice social work by the Ontario College of Social Workers and Social Service Workers (OCSWSSW).

Website: [www.hasuecounsellingsupport.com](http://www.hasuecounsellingsupport.com)

HASU Social Media:

Facebook: <https://www.facebook.com/HASU-e-Counselling-Support-1683285235234391/>

Twitter: <https://twitter.com/HASUCanada>

YouTube

Channel: [https://www.youtube.com/channel/UCFIL8V2s0\\_qHHeAiX6uIF6Q?app=desktop](https://www.youtube.com/channel/UCFIL8V2s0_qHHeAiX6uIF6Q?app=desktop)

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