

Digital Therapy Expands Access to Mental Health Support in Ontario

BURLINGTON, ONTARIO, CANADA,
February 28, 2025 /EINPresswire.com/

-- The demand for mental health services in Ontario has grown significantly in recent years. Anxiety and depression levels have risen following the pandemic, with experts noting that the healthcare system

continues to face challenges in meeting the increasing need for mental health care. Many individuals face extended wait times for therapy, often lasting several months. In rural areas, access to care is even more limited due to a shortage of mental health professionals.



“

Founded in 2024, Anytime Anywhere Therapy (AAT) is an Ontario-based online mental health service committed to making therapy accessible, immediate, and affordable for individuals and families.”

John Poldak

The pandemic accelerated the adoption of digital platforms for professional and social interactions, including therapy. Many individuals who tried online therapy for the first time during lockdowns found it to be a viable and effective alternative to in-person sessions. By removing barriers such as travel time and waiting rooms, virtual mental health services have provided a flexible option for those seeking support.

[Anytime Anywhere Therapy](#) (AAT), an Ontario-based online therapy service, aims to address these gaps by offering licensed mental health support across the province. The

platform allows clients to access therapy without extended wait times and provides individuals in small towns and rural areas with connections to licensed professionals.

At present, AAT has onboarded [seven registered and licensed psychotherapists](#), each bringing specialized expertise. In addition to traditional psychotherapy, some practitioners focus on culturally responsive care for First Nations, Inuit, and Métis communities, as well as other underrepresented groups. Others incorporate eco-therapeutic techniques, emphasizing the relationship between nature and mental health, particularly in work with children and families. Art therapy is also available as an alternative to traditional talk therapy.

The platform also supports psychotherapists in rural areas such as Clayton and Tiny, Ontario, where geographic limitations can make it challenging to establish a client base. By offering a fully digital service, therapists can connect with a broader and more diverse group of clients, helping to overcome barriers to care.

AAT continues to see a growing number of individuals, couples, and families accessing therapy through its platform. To enhance accessibility, the service offers [sliding scale pricing, discounted rates, and free consultations](#) (up to 30 minutes via video or phone), helping to reduce financial and logistical obstacles to care.

Ontario's demand for mental health support is expected to continue growing, and virtual therapy services are becoming an essential part of expanding access to care. While in-person therapy remains a valuable option, digital mental health services provide a scalable and flexible approach to reaching individuals who might otherwise struggle to access support.

Media Contact

John Poldak

Anytime Anywhere Therapy (AAT)

Burlington, Ontario, Canada

Website: www.anytimeanywheretherapy.com

Phone: +1 (289) 635-3154

Email: contact@anytimeanywheretherapy.com

For more information or to schedule an interview, contact contact@anytimeanywheretherapy.com.

John Poldak

Anytime Anywhere Therapy (AAT)

+1 289-635-3154

contact@anytimeanywheretherapy.com

Visit us on social media:

[Instagram](#)

[YouTube](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/783371882>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.