

# **Online solution focused therapy counselling for clients with mental health issues (anxiety and depression)**

## **Abstract**

This paper deals with the new approach of conducting solution focused therapy for client with anxiety and depression. Online counselling is a new approach that must be taken into consideration. Despite the traditional principle of counselling, online counselling goes beyond than that in providing counselling help at any time and place. The distance between counsellor and client is no longer an issue. Thus, it benefits clients with mental health issues where they can have the session at their own comfort, time, and style. Solution focused therapy counselling aim to have a brief, quick and cost-effective counselling is well suited the online platform. An online and quick solution therapy treatment alternative shall be made accessible for more people to help them manage their anxiety and depression effectively.