

Therapy Shortcut Launches: Accessible Self-Help Solutions for Anxiety & Trauma; Anytime, Anywhere

California, United States Oct 30, 2024 ([IssueWire.com](https://www.issuewire.com)) - The Launch of Therapy Shortcut Provides Accessible and Efficient Self-Help Solutions

TherapyShortcut.com has officially launched, offering innovative self-help tools for mental health. Designed to address anxiety, PTSD, trauma, depression, relationship resentment, work stress, and more, the platform aims to make mental health support accessible and efficient worldwide.

Therapy Shortcut offers personalized programs that can be used independently (without a therapist), or alongside traditional therapy. With on-demand resources and virtual sessions, users can access mental health support from home. All content, developed by EMDR-certified therapists, maintains high-quality standards for effective self-help. Therapy Shortcut has shown to be effective in research studies.

Therapy Shortcut's method helps users reduce distress, foster emotional distance from trauma, and heal without focusing on specific painful memories. This straightforward, gentle approach aids faster recovery than traditional therapy.

This platform supports those who have noticed that their wounds are healing over time, providing a more affordable path to recovery without requiring therapy. For those already in therapy, Therapy Shortcut can accelerate progress and support their healing journey.

Amie Lowery-Luyties, MFT, Co-founder and CEO, states, "At TherapyShortcut.com, we believe everyone deserves easy access to mental health support by removing barriers and providing an efficient path to well-being."

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