



Expat Psychologist – Mental Health & Online Therapy

EXPATHTY is a revolutionary **mobile application** platform that caters specifically to the mental health needs of international **expats** living abroad. It is designed to be accessible, supportive, and culturally sensitive, offering a unique and personalized approach to **mental** care. At its core, **EXPATHTY** aims to match international **expats** with licensed **psychologists** who share their native language and cultural background, creating a seamless and understanding therapeutic experience. Our main aim is to provide **expat with psychological counseling support**. We use the **online therapy** method when providing this service.

Benefits include:

- ✓ Matching expats with licensed psychologists based on their cultural background
- ✓ No waiting list, booking a free session takes 30 seconds
- ✓ Affordable packages
- ✓ Matching with mental buddies who have same social challenges and native language
- ✓ Accessible via mobile phone anywhere & anytime





Take your immediate free session (iOS user)



Take your immediate free session (Android user)



Download and Book Your **Free Session!**



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F.A.Q

What is the vision of this app?

This app aims to create more integrated and happy society.

What is the purpose of this mobile application?

Where can I take online service?

How does the matching process work?

Can I choose a therapist based on my preferences?

Is the therapy conducted in person or online?

How does your mobile application work?

How do I book a therapy session through your mobile application?

What types of therapy are available through your mobile application?

How do you ensure the quality of your therapists?

What languages are supported in the app?

Is my personal information secure on your mobile application?

Can I access therapy sessions outside of the Netherlands?

What if I have technical issues with the app?

What is psychological counseling, and how can it benefit expats?

Are therapy sessions for expats confidential?

Can expats switch therapists if they don't feel comfortable with the current one?

Is online therapy effective for expats, particularly when they're far from home?

How can expats address cultural adjustment issues through therapy?

What's the average duration of therapy for expats?

Are there therapy options specifically designed for expat communities?

Psychologist Counseling in Native Language

In the complex journey of **mental health**, effective communication between a **therapist** and their client is paramount. For international **expats** living in foreign countries, this connection can be particularly challenging due to language barriers and cultural differences. This is where the concept of **psychologist counseling** in one's native language emerges as a vital lifeline.

Read more ↓

