

Calmerly Launches New Male-Oriented Therapeutic Service

NEW CASTLE, NY, UNITED STATES, December 27, 2024 / EINPresswire.com/ -- [Calmerly](#), an online therapy platform of global repute, is proud to announce the launch of a long-anticipated and much-needed



therapeutic service—mental health counseling specifically for men.

Calmerly singles this focus area out for a reason. Currently, there's an imperious necessity to address men's mental health on a greater scale. [Mental health statistics](#)

from the National Institute of Health and [statistics](#) from the Anxiety and Depression Association of America reveal that:

“

“Calmerly offers a solution to the glaring gap in the US healthcare system. We swiftly match clients with therapists and offer affordable online sessions to improve clients' mental health.”

Alex Vitchenko, Calmerly's CEO and Founder

- 1 in 10 men experience depression or anxiety, but less than half seek treatment
- Male depression often goes underdiagnosed; over 6 million suffer from it per year
- More than 3 million men have panic disorder, agoraphobia, or any other phobia
- Almost 4 times as many men in the US as women commit suicide every year
- Men say there's "a negative stigma" around the issue, and

they are "too embarrassed" to speak about it

Despite the acute need, individual sessions targeting a male audience are still a rare and elusive bird to find. Unfortunately, mental health stigma for men still persists in society, but it should be transformed into a more appealing mark of grace.

With this in view, Calmerly's duty is to provide its male clients with high-quality, anonymous, accessible, and affordable mental health therapy. Alex Vitchenko, Calmerly's CEO and Founder, says, "Calmerly offers a solution to the glaring gap in the US healthcare system—traditional therapy's inaccessibility and prohibitive cost. We

swiftly match clients with therapists and offer affordable online sessions to improve clients' mental health."

At Calmerry, therapists deal with the full spectrum of mental health issues affecting both female and male (stress, depression, anxiety, sexuality-related issues, substance use, behavioral addiction to gambling or porn, and more). During an initial survey, male clients mention several significant problems urging them to seek professional assistance:

- 85% are dissatisfied with their physical health
- 85% say that a past trauma affects their present
- 71% of clients experience relationship issues
- 70% of clients have sexuality-related issues

The above table showcases the main problematic areas cited by male clients during the client-counselor matching process:

- 1) Career growth (24%)
- 2) Self-confidence (24%)
- 3) Work-life balance (12%)

To meet their requests for therapy and counseling, Calmerry brings a client in contact with a required specialist within 24 hours; a client can sift through therapists until the ideal match. When the therapy starts, clients get access to subscription-based video sessions or unlimited communication with their therapist via text messages. Besides, they can use additional mental health tools and resources—an expert library, mood tracker, and guided journaling. 87% of clients (both male and female) report improvements after 2-3 weeks of therapy. They testify to positive transformational experiences improving their lives, thanks to Calmerry.

About Calmerry

Calmerry is an online therapy platform that connects clients with licensed counselors in the US and globally. The HIPAA-compliant service houses more than 1,000 licensed and vetted mental health professionals, as well as 100,000 registered clients—and counting.

Alex Vitchenko

Calmerry

+1 844-740-2144

[email us here](#)

Visit us on social media:

[Facebook](#)

[LinkedIn](#)

[Instagram](#)

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.

© 1995-2024 Newsmatics Inc. All Right Reserved.