

# **Aura MD Is Espousing The Benefits Of Telepsychiatry And Online Psychiatric Appointments**

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Aura MD is providing telepsychiatry and online psychiatric help for patients in Texas. The company offers services for ailments such as adult ADHD, anxiety, depression, bipolar disorder, insomnia, wellness & weight, women's health issues, and even offers DNA genetic testing for interested clients.

As the country is still reeling from the devastating effects of the 2020 pandemic, patients all around the country have been looking to share their grief and stress with someone who cares and is willing to listen. Patients are looking to alleviate the anxiety that has built up over the taxing year and has taken its toll on their physical and mental wellbeing. With vaccination rates still not reaching the desired levels, a lot of patients have been delaying seeking the help that they need to process and move on from the tumultuous year.

Telepsychiatry is the perfect solution for patients who don't want to wait any longer and want to take back control of their mental health as soon as possible. Telepsychiatry helps patients set up regular appointments with a therapist and attend them from the comfort of their own homes. This shift in the psychiatry landscape is due to the remarkable progress in technologies such as video conferencing. Each patient can connect to their doctor in a fast and convenient manner using easy-to-use software. The remote treatments are as effective as in-person treatments as video and audio streams have steadily improved over time and are now offered in high definition quality, making the transition from in-person sessions to online streaming seamless and natural.

A spokesperson for Aura MD talks about its online psychiatrist services by saying, ?Telepsychiatry is the wave of the future and it is here to stay. Due to COVID-19, several doctors switched over to telemedicine and are now catering to patients who are logging in from the comfort of their own homes. COVID-19 may have been the trigger for this change but the benefits of telepsychiatry and online psychiatric appointments will soon become evident to everyone involved and become a logical evolution for patient care. Online psychiatric appointments allow the patient to exercise complete control over the environment in which they are willing to

talk and open up to their psychiatrist. They no longer have to commute to the doctor?s office and try to adjust to a setting that they may not be comfortable in. There is no risk of long travel times dimming one?s enthusiasm for a therapy session. You don?t even have to take time off work as you will be able to easily squeeze in an appointment into your daily remote working schedule. We are confident that online psychiatry sessions will compel more patients to give therapy a chance and will increase the likelihood of them pursuing their treatment for longer. The psychiatric doctors at Aura MD are proud to be a part of this sea change in the field of psychiatry and are now enthusiastically catering to their clients via telepsychiatry. We will help our patients adapt to this new paradigm and, as always, help them get the best care that they can.?

Dr. Toutounchi is a board-certified physician that specializes in Adult ADHD (or Adult ADD), depression, and anxiety. She graduated from undergraduate education at the University of North Texas with the highest honors, summa cum laude with a Bachelor of Science degree. She obtained her medical doctorate degree & continued her residency training in the world-renowned medical center in Houston at the University of Texas program. The Austin psychiatrist additionally served as Chief Resident during her final year at the University of Texas. She has received numerous recognitions including Vital's Patient's Choice Award, Vital's On-Time Doc Award, Vital's Compassionate Doctor Recognition, Health Grades Honor Roll, and more.

Aura MD serves the areas of Cypress, Memorial, Houston, Richmond, Katy, and Harris County, Texas. The clinic can be contacted at the phone number (832) 430-2872. Aura MD also allows easy booking of appointments 24/7 using an online portal. The doctor?s office will usually respond within one business day to any inquiries.

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For more information about Aura MD Austin, contact the company here:  
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## **Aura MD Austin**

*Aura MD has a team of well-trained and highly-experienced treatment providers who go above and beyond to help patients conquer everyday common mental health issues. Aura MD is a psychiatry clinic and is one of the leaders in Texas adult psychiatry.*

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