Title: ClicktoTherapy: Bridging the Gap in Accessible Mental Health Care

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Introduction: ClicktoTherapy, founded in 2020, is a digital platform that offers online psychotherapy interventions. In an era characterized by heightened mental health awareness, the platform leverages the convenience and reach of the digital technology to offer comprehensive support to individuals seeking emotional and psychological well-being. The platform offers a diverse array of services, including online therapy sessions, an extensive repository of self-helf resources, and a nurturing community for users grappling with a spectrum of mental health challenges.

Methods: Aiming to enhance the therapeutic alliance between the therapist and the client, Clicktotherapy uses a machine learning algorithm, that analyzes and classifies clients' motivation to start therapy, in order to match them with the terapists who apply a therapeutic orientation characterized by the greater probability to satisfy clients' demand.

Results: Until today, Clickotherapy has enabled to to 35.400 greek speaking adults to start psychotherapy. Demographic data, motivation for therapy, and effectiveness of the different therapeutic interventions will be presented at the 5th International Conference on Psychiatry and Mental Health

Conclusion: Following the principles of the World Health Organizations, Clicktotherapy aims to give access to mental health care to all by enhancing accessibility and affordability of psychotherapy, with the help of the technology.