Brain Botanics Therapy Wins Women's Health Award for Online Counselling

Brain Botanics Therapy, a Glasgow-based practice providing specialist online anxiety and trauma counselling for women across Scotland, has been named Best Online Therapy Service 2026 Scotland at the Women's Health Awards 2026. The awards, organised by Global Health and Pharma, evaluate service quality, patient outcomes, innovation and contributions to women's health. The practice offers confidential one-to-one sessions for women in Glasgow, Edinburgh and the wider Scottish region. It is led by Rebecca Mackillop, who has 12 years of clinical experience and trained at the University of Strathclyde and the University of Edinburgh. The practice supports women experiencing persistent worry, panic attacks, intrusive thoughts, physical anxiety symptoms and avoidance patterns. Its approach draws on cognitive behavioural therapy (CBT), acceptance and commitment therapy (ACT), exposure methods and memory reconsolidation techniques.

The Growing Need for Accessible Mental Health Support

Mental health services have expanded considerably in recent years, with a particular focus on making support more accessible to those who may not be able to attend in-person appointments. For many women, barriers such as childcare responsibilities, work schedules, or the simple challenge of travelling to a clinic can make regular therapy difficult to maintain. Online counselling has emerged as a practical alternative, allowing individuals to receive professional support from their own homes.

Anxiety disorders remain one of the most common mental health concerns worldwide. Women are statistically more likely than men to experience certain types of anxiety, including generalised anxiety disorder and panic disorder. Symptoms can range from persistent worry and racing thoughts to physical sensations such as a rapid heartbeat, shortness of breath and muscle tension. When left unaddressed, these symptoms can interfere with daily life, affecting work, relationships and overall wellbeing.

How Online Therapy Works

Online therapy sessions typically take place via secure video conferencing platforms, allowing for real-time interaction between the client and the therapist. Sessions follow the same structure as in-person appointments, with the therapist guiding the conversation and using established therapeutic techniques to help the client explore their thoughts and feelings. The key difference is the setting: the client joins from a location of their choice, which can reduce the anxiety of travelling to an unfamiliar office.

For women seeking anxiety counselling, the online format offers several practical advantages. Sessions can often be scheduled outside of standard working hours, making it easier to fit therapy around a job or family commitments. There is no need to arrange childcare or time off work for travel. The privacy of attending from home can also make it easier for some women to open up about sensitive topics, particularly those related to trauma or personal relationships.

Many online therapy services offer a range of evidence-based approaches. Cognitive behavioural therapy, for example, helps clients identify and change unhelpful thought patterns. Acceptance and commitment therapy encourages individuals to accept difficult emotions while committing to actions that align with their values. Exposure methods gradually reduce avoidance behaviours by introducing clients to feared situations in a controlled way. Memory reconsolidation techniques aim to update the emotional charge associated with distressing memories.

The Role of Specialist Services

While general counselling can be helpful, some women benefit from a service that understands the specific ways anxiety and trauma affect their lives. Specialist online anxiety therapy for women can address issues such as the impact of hormonal changes on mood, the stress of balancing multiple roles, or the lingering effects of past abuse. A therapist with experience in women's mental health can tailor their approach to these concerns, using techniques that have been shown to work well with female clients.

Online anxiety therapy is not suitable for everyone, of course. Some individuals prefer the structure and accountability of in-person sessions. Others may lack the private space at home needed to speak openly. But for many women, the convenience and accessibility of online counselling make it a viable option. The fact that services like Brain Botanics Therapy have been recognised by industry awards suggests that the quality of care available through online channels is being taken seriously by professional bodies.

How the Awards Process Works

The Women's Health Awards, run by Global Health and Pharma, assess nominees across several criteria. These include the quality of the service provided, the outcomes achieved for patients, the level of innovation in the approach, and the overall contribution to women's health. Winning an award in this category signals that a service has been evaluated by an independent panel and found to meet high standards.

For a practice like Brain Botanics Therapy, the award may help raise awareness of the options available to women in Scotland who need help with anxiety or trauma. Many women may not

realise that online counselling is an option, or may assume that it is less effective than face-to-face therapy. Awards and industry recognition can help build trust in the online format, encouraging more women to seek the support they need.

Looking Ahead

The field of online therapy continues to develop as technology improves and more research is conducted into its effectiveness. Video platforms have become more reliable and secure, making it easier for therapists to maintain confidentiality. Therapists themselves have become more skilled at building rapport through a screen, using techniques such as maintaining eye contact with the camera and being mindful of body language.

As awareness grows, more women are likely to consider online counselling as a first choice rather than a fallback. The recognition of services like Brain Botanics Therapy by the Women's Health Awards may encourage other providers to invest in specialist online offerings. For women across Scotland and beyond, the expansion of accessible, high-quality anxiety counselling represents a meaningful step forward in mental health care.