

Teladoc Health Mental Health care

Confidential therapy
on your terms



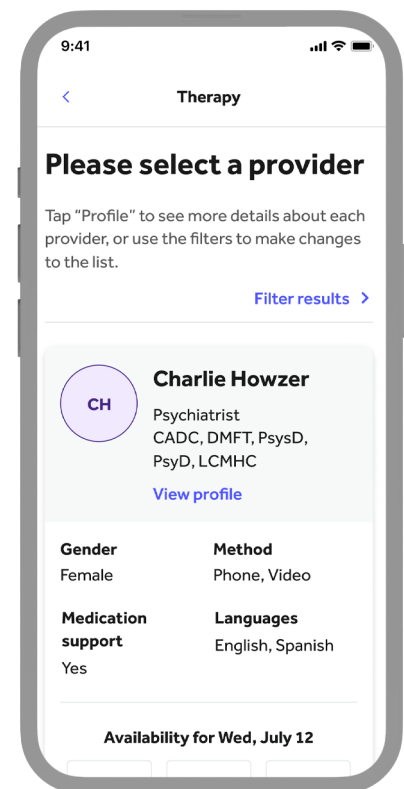
Your mental health is as important as your physical health.
Teladoc Health's licensed therapists can help with:

- Anxiety
- Depression
- Marital issues
- Stress
- Grief
- And more

Talk to a therapist 7 days a week by phone or video from wherever you are most comfortable.

How it works:

- 1 Download the app or go online to register or log in
- 2 Complete a brief mental health questionnaire
- 3 Schedule an appointment with the therapist who best fits your needs



Learn more today

Visit TeladocHealth.com/self-care | Download the app  