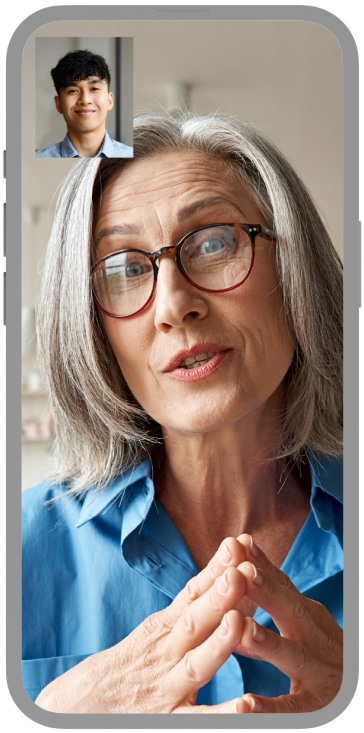
Teladoc HEALTH

Start feeling like yourself again

Discover how Teladoc Health Mental Health can help



Talk to a licensed mental health expert of your choice by phone or video, 7 days a week, from the privacy of your home.

Get help for:

- Anxiety and depression
- Negative thought patterns
- Sleep issues
- Relationship conflicts
- Trauma and PTSD
- Medication management (psychiatry only)

Start making progress:

1. Register and fill out a brief medical history
2. Choose the mental health expert who's right for you
3. Schedule a visit for a day and time that fits your schedule

Get started today

Visit TeladocHealth.com | Download the app |

Mental Health is limited to eligible members ages 18+. Teladoc Health does not provide psychiatric services or mental health medication management to adolescents.
For the most current pricing of your Teladoc Health services, please log in to your Teladoc Health account.

© Teladoc Health, Inc. 155 East 44th Street, Floor 17, New York City, NY 10017. All rights reserved. The marks and logos of Teladoc Health and Teladoc Health wholly owned subsidiaries are trademarks of Teladoc Health, Inc. All programs and services are subject to applicable terms and conditions.

TM-MHT-10E-L23-01_700593688_07072021