

# Teladoc Health Mental Health care

Confidential therapy  
on your terms



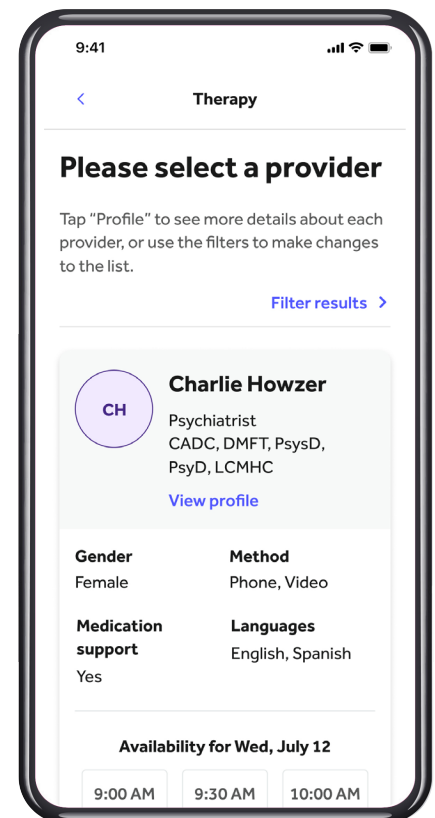
Your mental health is as important as your physical health.  
Teladoc Health's licensed therapists can help with:

- 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 [Teladoc.com](https://www.teladoc.com)

Call 1-800-TELADOC (800-835-2362) | Download the app  

Mental Health care is available for eligible members ages 18-plus.

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