

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

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

For General Medical, dependents under 18 years old, the primary account holder must request a visit on their behalf. This can be done by app, website or phone

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.

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