



## Mental Health Navigator – Video Descriptive Transcript

Audio	Visual
<p>Welcome to Teladoc Health's Mental Health Navigator, a confidential and secure program providing expert mental health guidance that could change your life.</p>	<p>The Teladoc Health logo appears. A woman sits on her deck and looks out at the city.</p>
<p>If you or a loved one are facing depression, anxiety, or symptoms related to a mental health condition, if you feel like your current treatment isn't working, or if you simply don't know where to start to understand these symptoms and need resources we can help.</p>	<p>A mother sits with her daughter, and both have serious expressions on their faces. A woman sits by herself with her head between her hands in exasperation.</p>
<p>Mental Health Navigator provides a thorough review of an existing mental health condition and treatment plan with recommendations for improvement by a psychiatrist or psychologist.</p>	<p>A female doctor sits at her computer and reviews a patient file.</p>
<p>It also gives you guidance on how to navigate the mental health system with advice on treatment options for your best path forward.</p>	<p>A man stands outside and looks off into the distance.</p>
<p>Depending on your needs, a navigator can help to connect you to health resources, can gather your mental health history, and if needed, your medical history and relevant records.</p>	<p>A female doctor is sitting and working at her desk.</p>
<p>You can then meet with an expert psychiatrist or psychologist for an assessment via video. Your Navigator will continue to be involved and coordinate your expert review and support your questions throughout the process.</p>	<p>A person speaks to a doctor through video call. A doctor sits at his computer and looks through files.</p>

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<p>Lastly, you will receive a customized, detailed report with recommendations on your best path forward, while receiving support to help you navigate the mental healthcare system.</p>	<p>A doctor writes a report at their desk. A mom dealing with an illness sits with her daughter who is hugging her.</p>
<p>With permission, the same report can also be delivered to your treating doctor.</p>	<p>A man sits on a couch while scrolling on his phone and smiles.</p>
<p>With Mental Health Navigator, you never have to leave the comfort of your home and this service is provided at no cost to you.</p>	<p>A woman sits and scrolls on her phone.</p>
<p>If you're not feeling like yourself, if you haven't received a diagnosis, or if you need support, if you've received a diagnosis but your condition isn't improving and you're concerned about whether your treatment plan is correct, or if you need clarity and assurance on your next steps, and if you need help finding the right resources in your community, Mental Health Navigator can help. Start your journey today.</p>	<p>A woman sits and looks out at the distance through the window. Another woman is seen to be upset and closing her eyes. A woman holds her phone and rubs her forehead. A woman stands smiling and looking out her window.</p>
<p>Teladoc Health. Better health made possible.</p>	<p>The Teladoc Health logo appears.</p>