

Take care of your mind with the right support

Big or small, there's help for whatever you're facing.

Your Teladoc Health Mental Health benefit gives you access to **therapy, mental health coaching** and **medication management**. You also get a library of **personalized content** to manage anything from stress and anxiety to substance use and grief. Get your personalized care plan today by completing a brief wellness assessment.

Talk with a therapist, psychiatric provider or certified coach

Work through challenges and set achievable goals for lasting change.

Improve your relationships

Build healthier connections and keep loved ones close.

Feel more relaxed

Discover helpful calming techniques and build resilience to lower your stress.

Get helpful tools that work

Manage mental health conditions, grief, LGBTQ+ challenges and more.



Tip:

Need to calm down in a hurry? Watch a funny video or write down three things that make you happy.



Prioritize your mental health today

Teladoc.com | 1-800-TELADOC (800-835-2362)

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Everyone's journey is unique.

So why should your mental health support be any different?

With your Mental Health benefit, you can meet with a therapist, psychiatric provider or a certified mental health coach to support you through whatever you're going through. You'll also get a personalized content plan with activities to explore at your own pace—anytime, anywhere.



What's the difference between a certified mental health coach, therapist and psychiatric provider?

Mental health coaches

- Focus more on the challenges you face in the present moment
- Are certified by the National Board for Health and Wellness Coaching (NBHWC) or International Coaching Federation (ICF)

Therapists

- Dive deep into many areas and times of your life—past and present
- Are trained psychologists (PhD/PsyD), licensed clinical social workers (LCSW), licensed marriage and family therapists (LMFT) or licensed professional counselors (LPC)

Psychiatric providers

- Can prescribe medications to help manage mental health conditions
- Are licensed medical doctors (like an MD or DO)



How long are the coaching and therapy visits?

Mental health coaching sessions last about 30 minutes.

Therapy visits are typically 45 to 60 minutes.

Save time and register online!



Begin your journey to feeling better

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