

Teladoc Mental Health

Enjoy Convenient
Access to
Therapists
from the Comfort of
Home



20% of Americans suffer from a mental health issue

What Teladoc Mental Health Does for You

- ▶ Receive confidential therapy on your terms, for \$0 per session
- ▶ Establish an ongoing relationship with a licensed therapist through video or phone sessions
- ▶ Get support for anxiety, depression, stress/PTSD, panic disorder, grief, family or marriage issues, and more
- ▶ Adolescent therapy available for teens ages 13-17, excluding psychiatry
- ▶ Teladoc's licensed therapists are available seven days a week



Download the **My Benefits Work** mobile app
800.800.7616 | [MyBenefitsWork.com](https://www.MyBenefitsWork.com)

Mental Health visits are not available 24/7/365 and must be scheduled. Mental Health visits are not available to minors 12 and younger. Mental Health visits with a psychiatrist are not currently available for adolescents ages 13-17. Not all Mental Health specialists will be available in all states.