



# Mental Health

Confidential therapy from wherever you are



Talk to a therapist or psychiatrist seven days a week (7 a.m. to 9 p.m. local time) from wherever you are. We treat:

- Anxiety
- Depression
- Not feeling like yourself
- Marital issues
- Stress
- And more

### How it works:

- 1 Download the app or go online to set up your account or log in
- 2 Complete a brief mental health questionnaire
- 3 Schedule an appointment with the therapist or psychiatrist of your choosing



**Learn more**  
Teladoc.com/Therapy