

# BEHAVIORAL HEALTH THROUGH TELADOC

Peace of mind happens here

## Speak with a licensed therapist from anywhere

Taking care of your mental health is an important part of your overall well-being. With Teladoc's Behavioral Health, adults 18 and older can get care for anxiety, depression, grief, family issues, and more. Choose to see a psychiatrist, psychologist, social worker, or therapist and establish an ongoing relationship.

## Why use Teladoc's Behavioral Health service

- ✓ Confidential treatment
- ✓ Convenience to speak with a therapist from anywhere
- ✓ Flexible scheduling
- ✓ Quick access to the right provider for you

Scheduling a video visit with a therapist is easy and convenient. You can make an appointment seven days a week, from 7 a.m. to 9 p.m. local time. Appointments are confirmed within 72 hours.



## How to schedule a visit

- 1) Register your Teladoc account via web or app or log in to your account if you're already registered
- 2) Request a visit
- 3) Answer a few questions
- 4) Select your therapist
- 5) Request a time for your appointment

**Confidential therapy on your terms**

[MyDrConsult.com](https://www.MyDrConsult.com)



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