



Mental Health

Mental Health care provides high-quality virtual therapy and psychiatric services for a wide range of conditions with support from board-certified psychiatrists and licensed therapists.



Choose a therapist, psychologist, or psychiatrist who fits your needs



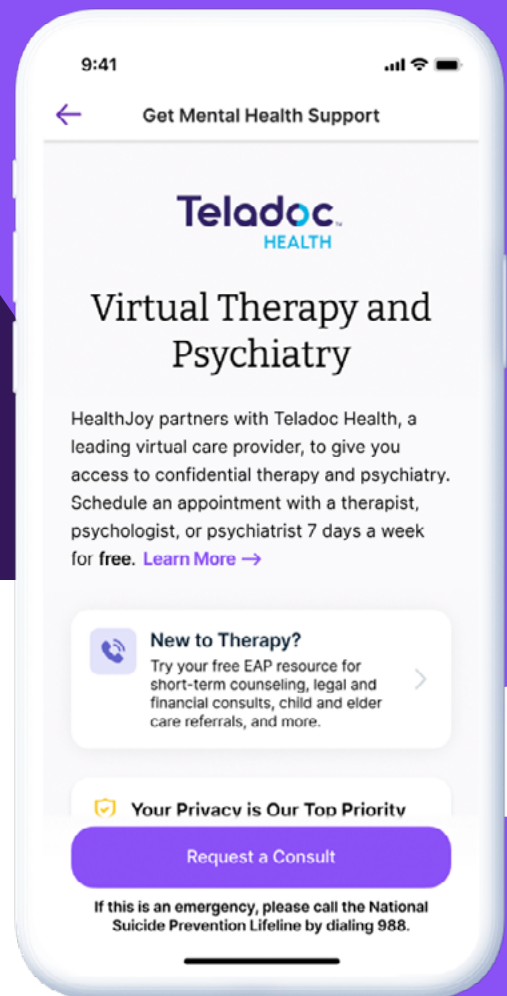
Conveniently schedule visits using our mobile app



In-between sessions with our high-quality providers, use self-guided sessions to help build resiliency

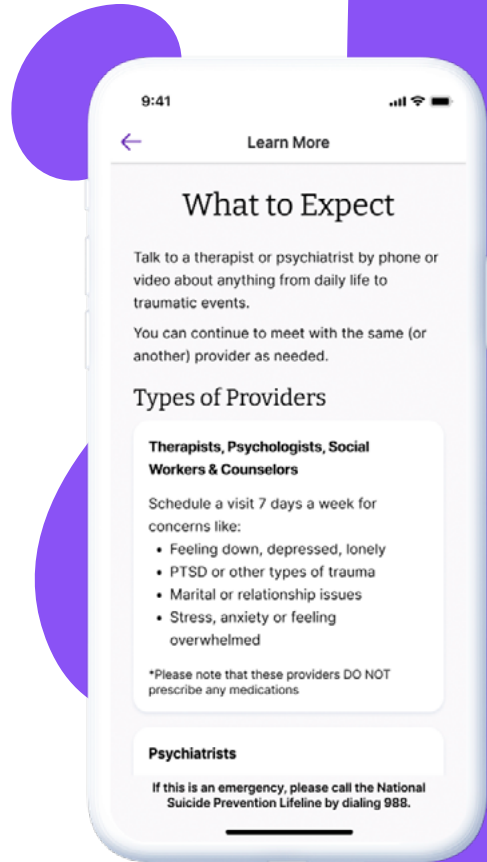


Anywhere, anytime access allows you to connect and build ongoing relationships with trusted mental health professionals

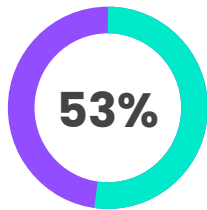


How It Works

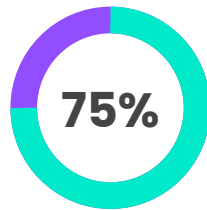
- Access the service through the HealthJoy home screen and complete a brief mental health questionnaire to help your therapist or psychiatrist help understand your mental health journey and how you're feeling.
- Choose a therapist or psychiatrist who fits your needs. You can select a time or times that work best for you and can have your visit within three to seven days of confirmation.
- Following your appointment, mental health providers use a secure member message center to share a summary of the visit. A member of the Teladoc Health's licensed nursing staff may also follow-up with you directly if needed.



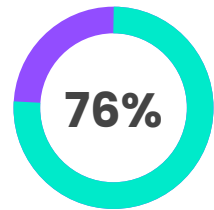
Outcomes



Reduction in depression scores



Improved anxiety after 4 visits



Improved depression after 3 visits

"I was experiencing anxiety and utter panic when I found out that I was pregnant with my third child and knew I needed help. I decided to give Teladoc a try on my lunch break and have to say that I am feeling 100x better. I probably wouldn't have sought out help if it wasn't for Teladoc."

**KATHLEEN
MENTAL HEALTH USER**

Mental Health FAQs

When should I choose Mental Health services?

If you're overwhelmed or struggling with your mental health, therapy can help you understand feelings and behaviors and equip you with valuable coping skills.

Mental Health services allow you to schedule a visit with a licensed therapist or an appointment with a board-certified psychiatrist to help manage medications or more serious diagnoses.

Therapists and psychiatrists are available for appointments seven days a week from 7 a.m. to 9 p.m. Visits can take place wherever you are most comfortable, by phone or video. Visits with a therapist only last as long as you feel you need them.

What should I expect during my visit?

You will have a conversation with the mental health professional just as if you were at their office. We're here to make you feel comfortable and heard.

What types of mental health professionals can prescribe medications?

Therapists cannot prescribe medication. Psychiatrists can prescribe medications. Teladoc Health psychiatrists cannot prescribe any controlled substances or medications for the treatment of bipolar disorder or schizophrenia. Prescriptions for these drugs require in-person care and ongoing monitoring.

Can I talk to the same therapist/psychiatrist every time?

Yes. You can see the same specialist throughout your treatment.

How do you match me with the right mental health professional?

When you schedule a visit, Tealdoc Health will ask questions about your preferences for your mental health professional. They will also ask you questions about your specific needs. You will be able to choose from a selection of matching provider profiles, which will display information including gender, language and specialties.