



MENTAL HEALTH CARE

Virtual counselling from psychologists and therapists



Choose a therapist or psychologist who fits your needs and schedule visits 7 days a week from wherever you're most comfortable.

Our online therapists or psychologists can help you with:

- Anxiety, stress, feeling overwhelmed
- Negative thought patterns
- Depression
- Not feeling like yourself
- Relationship conflicts
- Marriage and relationship issues
- Trauma and PTSD
- Mood swings
- And more

Confidential, online therapy that works:

95%

Member satisfaction rate using our mental health care program*

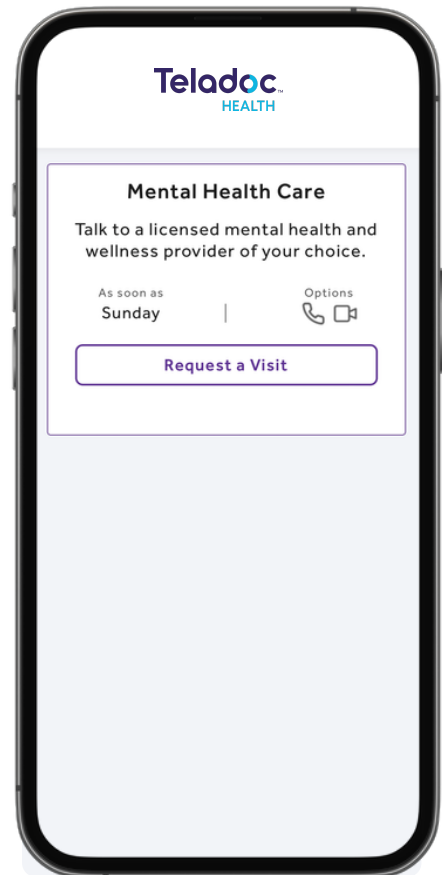
75%

Improvement amongst members battling depression and anxiety after their fourth visit*

*Data on file, 2022

How it works:

1. Request a visit through the Teladoc Health app, website, or via phone.
2. In the app, fill out a brief medical history, as well as your concerns.
3. From a list of providers, view different profiles to select the right expert for you. You can keep or change providers at any time.
4. Select 3 choices of appointment times that work best for you.
5. Your chosen therapist or psychologist will contact you via the app's message centre to confirm one of your preferred times.



Start your journey to better health today.

Visit TeladocHealth.ca | Call 1-877-419-2378 | Download the Teladoc app

