



## MENTAL HEALTH NAVIGATOR

# Learn more about your mental health with guidance and support



### **Mental health can be hard to navigate. Let us help.**

Get an expert assessment and review your mental health diagnosis.

### **When you can use this service:**

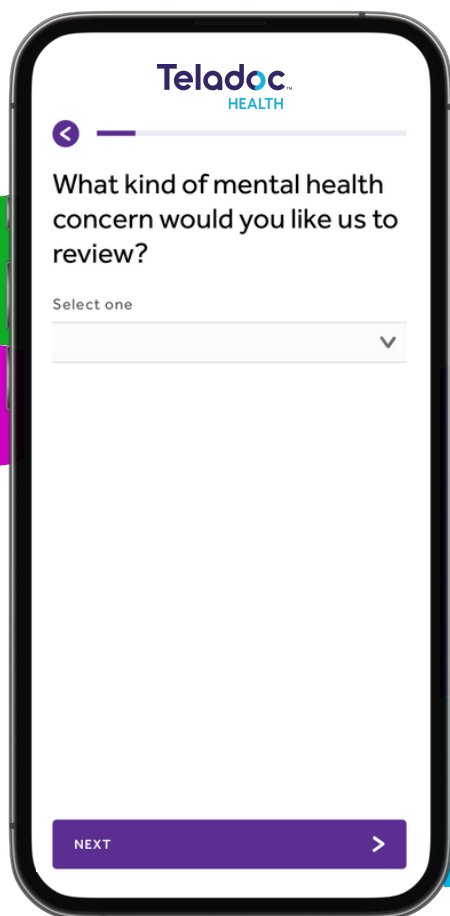
- If you haven't received a diagnosis and need support.
- If your condition isn't improving.
- If you need clarity on your next steps.
- If your current medication treatment hasn't been effective.
- If you are looking for support to navigate the mental health system.

Mental Health Navigator is a confidential, compassionate resource to guide to appropriate care — whether you're experiencing stress, anxiety, depression, or another mental health issue.

**“ I live in a rural area and have little access to mental health services. Thanks to Teladoc, I was able to get affordable care from the comfort of my home. I am so satisfied with the results and care I have received thus far. Without Teladoc, I would have never reached out for care.**

– Hunter





## How it works

- 1. Start:** You initiate the process from the comfort of your home by phone or web.
- 2. Collect:** A member of the team connects with you to gain further information and gather your medical history.
- 3. Review:** When appropriate, a licensed psychologist or psychiatrist reviews your case, meets with you virtually, and provides a recommendation.
- 4. Report:** Teladoc Health will send you a customized and detailed report with recommendations on the best path forward.
- 5. Ongoing Support:** A personal navigator provides ongoing support throughout the process.

76%

of members received recommendations for a diagnosis change

81%

of members received recommendations for improved treatment plans

## Start your journey to better health today.

Visit [TeladocHealth.ca](https://TeladocHealth.ca) | Call 1-877-419-2378 | Download the Teladoc app

