



Speak with a licensed therapist from anywhere

Taking care of your mental health is an important part of your overall well-being. Teladoc Health helps with a variety of issues. Choose to see a psychiatrist, psychologist, social worker or therapist and can help an ongoing relationship.

How to schedule a visit

Scheduling a video visit with a therapist is easy and convenient. You can make an appointment seven days a week, from 7:00 AM to 9:00 PM local time. Appointments are confirmed within 72 hours.

1. Register your Teladoc Health 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.

Please schedule your appointment online or via the Teladoc Health app. Although call center reps cannot schedule appointments for you, they can answer your questions.

Please note: members may be charged a \$50 fee for no-shows and cancellations within 24 hours of a scheduled mental health visit.

Teladoc Health behavioral health experts provide support for:



- Anxiety.
- Not feeling like yourself.
- Depression.
- Medication management.
- Trauma and PTSD.
- Stress.
- Relationship conflicts.
- Mood swings.