# Take charge of your mental well-being

## Get access to convenient, confidential therapy

### With Teladoc Mental Health Care, you can get trusted support for your mental and emotional health.

Teladoc Mental Health Care provides convenient, confidential access to trusted professionals who can help you manage stress, anxiety, grief, depression, and more.

Using Teladoc Mental Health Care is easy. You can:

- Find a board-certified psychiatrist, psychologist, or therapist that meets your needs
- Schedule a virtual visit by phone or video at a time that's best for you to connect
- Get ongoing support from your mental health care provider

### How Teladoc Mental Health Care works

**Initiate:** You can access Teladoc by:

- Calling 1-800-835-2362, or
- Visiting teladochealth.com, or
- Downloading the Teladoc mobile app

**Inform:**

Complete the intake form and provide details about your concerns.

### Schedule an appointment

Learn more and make an appointment at **teladochealth.com**.

**Schedule:** Choose your mental health care provider and schedule a virtual session.

**Consult:** Talk to the provider about your concerns.

**Support:** Schedule follow-up appointments as needed.

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## Compassionate care for mental well-being

Teladoc Mental Health Care providers can offer support for:

- Anxiety
- Attention-deficit/Hyperactivity disorder (ADHD)
- Depression
- Eating disorders
- Grief
- Obsessive-compulsive disorder (OCD)
- Panic disorder
- Post-traumatic stress disorder (PTSD)
- Stress
- Trauma resolution
- Work pressure

More than 75% of users with depression or anxiety reported improvement after their third or fourth virtual care visit.

Teladoc Health, Inc is an independent company that provides virtual care for medical and specialty services.

Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

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