

Take care of your mind with ease



Big or small, there's support for whatever you're facing.

Your Teladoc Health Mental Health benefit gives you access to a library of **personalized content** to manage anything from stress and anxiety to substance use and grief. Explore at your own pace—anytime, anywhere. Get your personalized content today by completing a brief wellness assessment.

Get helpful tools that work

Manage mental health conditions, grief, LGBTQ+ challenges and more.

Improve your relationships

Build healthier connections and keep loved ones close.

Feel more relaxed

Discover helpful calming techniques and build resilience to lower your stress.

Enjoy better sleep

Learn how to quiet your mind and get your sleep back on track.



Did you know?

Adolescent Mental Health is available for eligible dependents ages 13-17.



Prioritize your mental health today

Teladoc.com
Download the app  | 

Everyone's journey is unique.

So why should your mental health support be any different?

With your Mental Health benefit, you get a personalized plan and suggested activities tailored to your needs and goals.



90% of people who use our Mental Health service say it helps them feel better.*

Still wondering how we can help?

Thousands of people use the Teladoc Health Mental Health service for a variety of reasons.

You may benefit if you:

- Face stress of any kind
- Struggle to find joy in life
- Have obsessive, intrusive or negative thoughts
- Need help processing traumatic events
- Are going through a breakup, divorce or other relationship issue
- Would like support with your identity or purpose

Begin your journey to feeling better



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*Based on a Teladoc Health survey of over 2,000 consumers.

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