

# Overcome **whatever** comes your way

Download the **Teladoc** app today.





How would you like to talk to a doctor?

PHONE >

VIDEO >


If something is on your mind—big or small—talking to an expert can help. Our licensed therapists are available seven days a week. Choose your therapist, pick a time that is convenient for you and then talk to the therapist from the privacy of home or anywhere you feel comfortable.

#### Teladoc therapists specialize in:

- Anxiety
- Depression
- Stress/PTSD
- Panic disorder
- Family and marriage issues
- And more

**Feel like yourself again. Schedule a visit today.**

Visit [Teladoc.com](https://www.teladoc.com)

Call 1-800-TELADOC (835-2362) | Download the app  

# Feel like yourself again



Is therapy right for you?  
Scan this QR code to take the 60-second quiz and find out.



Build a relationship with an experienced therapist or psychiatrist of your choice by phone or video

## Our experts provide support for:

- Anxiety, stress, depression
- Mood swings
- Not feeling like yourself
- Relationship conflicts
- Trauma and PTSD
- Medication management

## Start making progress

1. Set up your account and fill out a brief medical history
2. Choose the expert you think will be the best fit for you
3. Pick the preferred dates and times that fit your schedule
4. Make progress from wherever you're most comfortable



## Get started—it's already part of your benefits

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