

# Start feeling like yourself again

Discover how Teladoc Health Mental Health can help



Talk to a licensed mental health expert of your choice by phone or video from the privacy of your own home.

*Limits apply for appointment times with behavioral health services, which are available weekdays from 7am–9pm. Teladoc Health for behavioral health issues is available for members 18+.*



## GET HELP FOR

- Anxiety and depression
- Negative thought patterns
- Sleep issues
- Relationship conflicts
- Trauma and PTSD
- Medication management (psychiatry only)

## START MAKING PROGRESS

1. Register and fill out a brief medical history.
2. Choose the mental health expert who is right for you.
3. Schedule a visit for a day and time that fits your schedule.

*For questions or help with Teladoc Health registration please call*



**Home State Health: 1-855-694-4663 (TTY 711)**

**Show Me Healthy Kids: 1-877-236-1020 (TTY 711)**

## Get started today!

