

# 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.



#### Tip:

Need to calm down in a hurry? Watch a funny video or write down three things that make you happy.



**Prioritize your mental health today**

TeladocHealth.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.



**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.