Oakland Community Health Network

Developmental Disabilities • Mental Health • Substance Recovery

TELADOC HEALTH MENTAL HEALTH

Prioritize Your Health Today

The Teladoc Health app provides Oakland County residents with access to personalized tools and resources designed to give you tools for emotional well-being, build resilience, improve mental health, and promote healthier lifestyles.

Access this free resource today and explore the extensive library for information related to overall wellness, all at your own pace, whenever and wherever you need support.

Teladoc™ HEALTH

Tools for Wellness, Wherever You Are

Access resources tailored to your unique needs and goals, including:

- **Grief and loss**
- **Identity and self-discovery**
- **Life transitions**
- **Relationship challenges**
- **Stress and anxiety**
- **Substance use concerns**

Visit: TeladocHealth.com

Download the Teladoc Health App

Complete an assessment and get personalized recommendations and resources just for you!

Also Available in Spanish

CODE: OAKLANDCHN