

Confidential virtual therapy.
Anytime, anywhere.



Introducing Mental Health Care

With Mental Health Care, members can connect with licensed therapists, psychologists, and psychiatrists via phone or video sessions.

Easily access quality mental health care without the obstacles of conventional in-office options. Members can have virtual therapy sessions with provincially licensed psychologists and therapists by phone or video, from wherever they feel most comfortable. They can conveniently connect and build ongoing relationships with mental health professionals of their choice, without the need to travel or wait at the provider's office.

Common conditions treated

- Anxiety
- Depression
- PTSD
- Stress
- Panic disorder
- Family/marriage issues
- Grief
- Eating disorders
- Trauma resolution
- Work pressures
- ADHD
- And more

How it works



Initiate

The member provides basic information and eligibility by Teladoc app, phone or web.



Schedule

The member selects a preferred mental health provider and schedules a virtual visit.



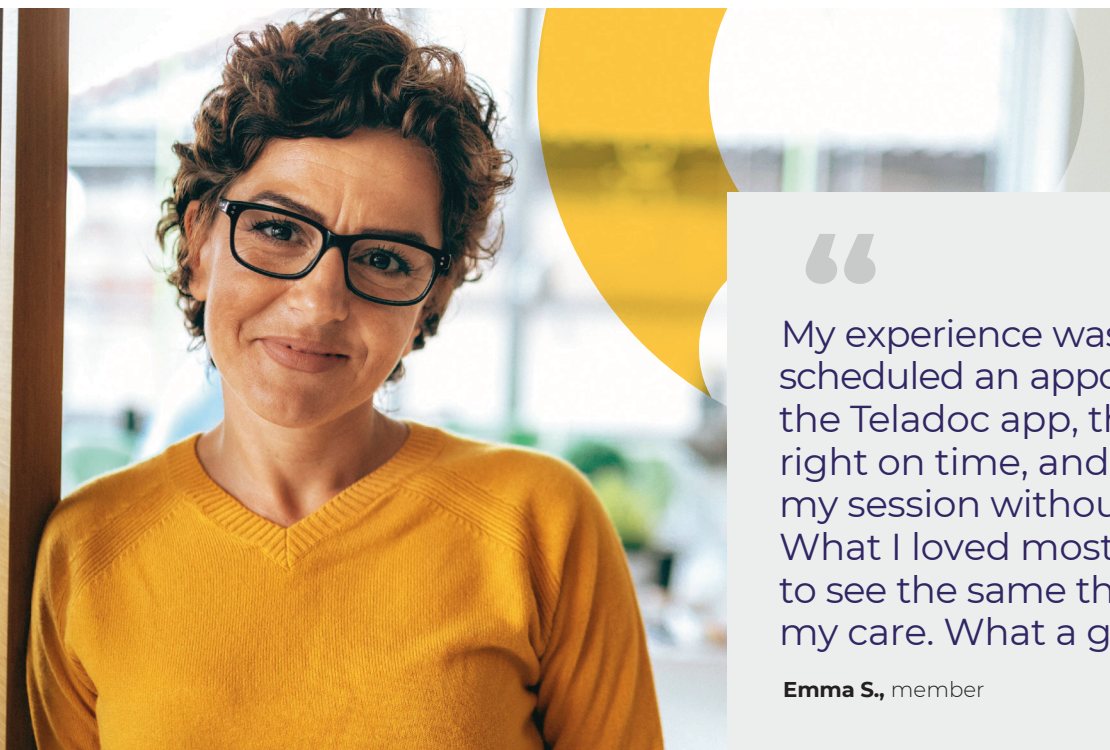
Consult

The member speaks with the selected provider and builds an ongoing relationship.



Support

Ongoing mental health management support is provided.



“

My experience was seamless—I scheduled an appointment through the Teladoc app, the therapist was right on time, and I was able to have my session without ever leaving work! What I loved most was that I was able to see the same therapist throughout my care. What a great service!

Emma S., member

Benefits

Access

Members have access to high-quality virtual care for a wide variety of mental health issues.

Utilization

Teladoc's proven engagement efforts connect with members in their time of need and drive utilization.

Results

More than 75% of members with depression or anxiety reported improvement after their third or fourth virtual care visit.²

1 in 3

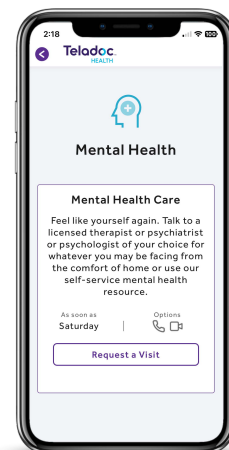
Canadians will personally experience a mental health problem or illness¹

475%

increase in members seeking mental health services since before the COVID-19 pandemic²

3 out of 5

people around the world are experiencing burnout³



Members can get emotional health support on the go with the **Teladoc app**.



¹Government of Canada Data Blog, Mental illness in Canada, accessed 2021

²Internal Teladoc Data

³"Burnout: Modern Affliction or Human Condition?" The New Yorker, May 24, 2021

LEARN MORE

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About Teladoc Health

Teladoc Health is the global virtual care leader, helping millions of people resolve their healthcare needs with confidence. Together with our clients and partners, we are continually modernizing the healthcare experience and making high-quality healthcare a reality for more people and organizations around the world.