



MENTAL HEALTH

Mental Health Navigator

Confidence in mental health diagnoses and treatment plans



After receiving a diagnosis, it's difficult to know what to do next. We can help.

For those who are struggling or feel overwhelmed*, it's especially difficult to know where to turn to. We provide solutions for members not benefiting from their current care or who may need an expert assessment of their current treatment plan. Whether they have been diagnosed with a mental health issue or just don't feel like themselves, our experts can help members navigate the healthcare system and get ongoing support.

Expert psychologists and psychiatrists carefully review each diagnosis and treatment plan and deliver a personalised action plan. An assigned navigator then guides the member through each step with collaborative, ongoing support.

\$1,500

Per employee per year is what mental health costs businesses¹

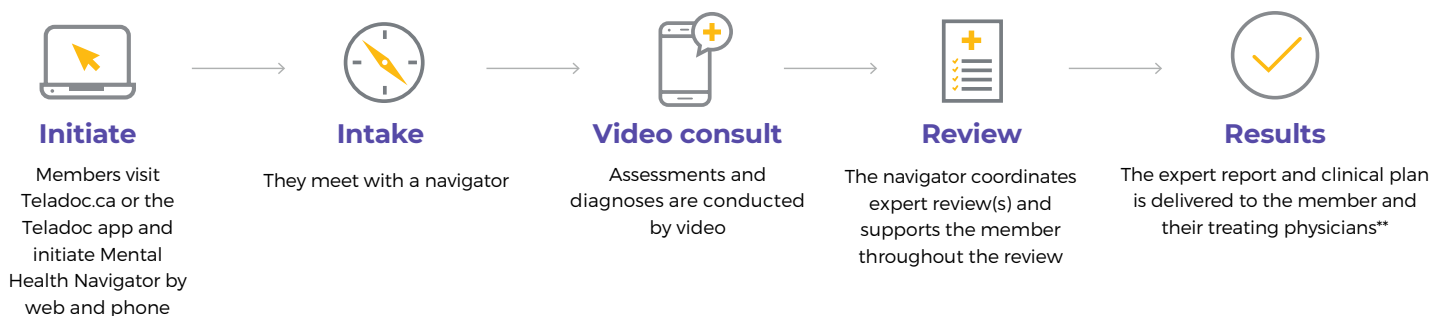
70%

Of mental health patients have a medical comorbidity²

500,000

The number of Canadians unable to work every week due to mental health problems or illness³

How it works



*For members with conditions that are not improving through brick-and-mortar care, have limited access to care, or are on their current treatment plan and would like an expert assessment and high-touch support on their path to wellness.

**Reports are only shared with the expressed consent from member.

Benefits

Access to experts

Our experts can help members navigate the healthcare system and get ongoing support.

Improved outcomes

Members experience less absenteeism and increased productivity on their path to wellness.

Navigation support

Provides navigational support to members and relief from the complexities of the mental health system.



“I hadn’t had any direction for the past eight years. [With Mental Health Navigator] I feel like someone has finally listened to me.”

Valerie R, health plan member

Support features

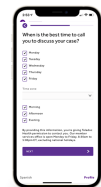
The Mental Health Navigator helps bridge the gap between receipt of the action plan and starting care. The navigator helps guide the member and keeps in contact with them for ongoing support after the action plan has been delivered.



GUIDANCE IN CONNECTING WITH:

- Employee assistance program (EAP)
- Family doctor
- Local counselling
- Community support

Get support on the go with the **Teladoc app**.



¹Lee, Sooky. 2016 (updated 2018). “Why Canadian companies can’t ignore the cost of mental illness.” *The Globe and Mail*, April 12, 2016 (updated May 16, 2018). <https://www.theglobeandmail.com/report-on-business/careers/leadership-lab/why-canadian-companies-cant-ignore-the-cost-of-mental-illness/article29604730/>.

²Johnsson, Steven Ross. 2017. “Addressing behavioral health to improve all health.” *Modern Healthcare*, May 27, 2017. <https://www.modernhealthcare.com/article/20170527/MAGAZINE/170529956/addressing-behavioral-health-to-improve-all-health>.

³Howatt, Bill, Louise Bradley, Jesse Adams, Sapna Mahajan, Samuel Kennedy. 2017. “Understanding mental health, mental illness, and their impacts in the workplace.” Morneau Shepell, on behalf of the Mental Health Commission of Canada. <https://www.morneaushepell.com/sites/default/files/assets/permafiles/91248/mental-health-white-paper-2018.pdf>.

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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.