

MENTAL HEALTH CARE
AND COUNSELLING

Virtual counselling from psychologists and therapists



Choose a therapist or psychologist who fits your needs and schedule visits 7 days a week from wherever you're most comfortable.

Our online therapists or psychologists can help you with:

- Anxiety, stress, feeling overwhelmed
- Negative thought patterns
- Depression
- Not feeling like yourself
- Relationship conflicts
- Marriage and relationship issues
- Trauma and PTSD
- Mood swings
- And more

Confidential, online therapy that works:

95%

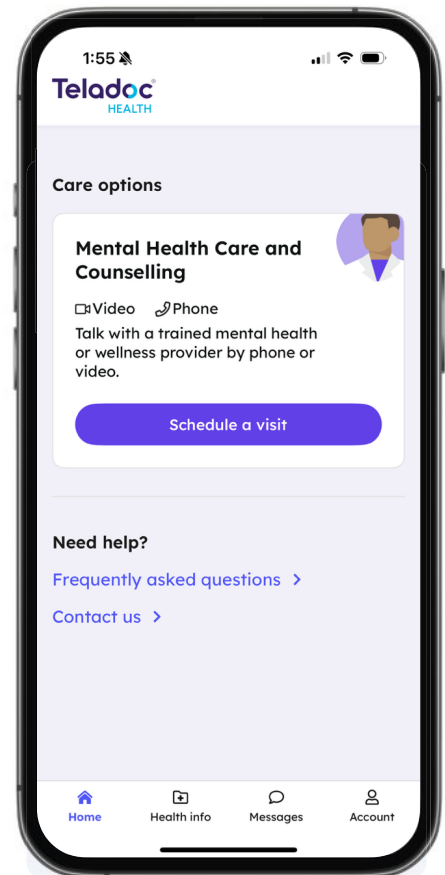
Member satisfaction rate using our
Counselling and Mental Health Care and
Counselling program*

75%

Improvement amongst members
battling depression and anxiety after
their fourth visit*

How it works:

1. Request a visit through the Teladoc Health app, website, or via phone.
2. In the app, fill out a brief medical history, as well as your concerns.
3. From a list of providers, view different profiles to select the right expert for you. You can keep or change providers at any time.
4. Select 3 choices of appointment times that work best for you.
5. Your chosen therapist or psychologist will contact you via the app's message centre to confirm one of your preferred times.



Start your journey to better health today.

Visit TeladocHealth.ca | Call 1-877-419-2378 | Call 1-877-419-2378

Download the Teladoc Health app



Please note: There is a cost for therapy sessions.

The costs of therapy consultations may differ depending on the type of mental health provider selected.
Please verify with your benefit provider to confirm your coverage.