

Take care of your mind with the right support

Big or small, there's help for whatever you're facing.

Your Teladoc Health Mental Health benefit will give you access to therapy, mental health coaching and medication management. You will also get a library of personalized content to manage anything from stress and anxiety to substance use and grief. Once registered, get your personalized care plan by completing a brief wellness assessment.

Talk with a therapist or certified coach

Work through challenges and set achievable goals for lasting change.

Feel more relaxed

Discover helpful calming techniques and build resilience to lower your stress.

Improve your relationships

Build healthier connections and keep loved ones close.

Get helpful tools that work

Manage mental health conditions, grief, LGBTQ+ challenges and more.



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

Teladoc Health is here to help.



Everyone's journey is unique.



So why should your mental health support be any different?

With your Mental Health benefit, you can meet with a therapist or a certified mental health coach to support you through whatever you're going through. You'll also get a personalized content plan with activities to explore at your own pace—anytime, anywhere.



What's the difference between a certified mental health coach and a therapist?

Mental health coaches

- Focus more on the present moment and how your current behaviors can shape your future
- Are certified by the National Board for Health and Wellness Coaching (NBHWC) or International Coaching Federation (ICF)

Therapists

- Dive deep into various areas and times of your life
- Can work with you for as long as you need
- Are trained psychologists (PhD/PsyD), licensed clinical social workers (LCSW), licensed marriage and family therapists (LMFT) or licensed professional counselors (LPC)



How long are the coaching and therapy visits?

Mental health coaching sessions last about 30 minutes.

Therapy visits are typically 45 to 60 minutes.

Begin your journey to feeling better Register for Teladoc now!

Visit My Health Toolkit® to complete your Teladoc registration.

1. Visit www.MyHealthToolkitFL.com and log in.
2. Under the Providers & Services tab, select Telehealth. This will take you to the Teladoc site.
3. Your insurance information will appear so you can easily complete your registration.