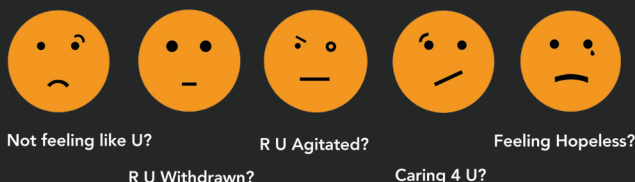


Know the **Five Signs** of Emotional Suffering



The campaign to
changedirection[™]
A Give an Hour Collective Impact Effort

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We're changing the story on mental health

Teladoc has partnered with The Campaign to Change Direction® to **#ChangeMentalHealth**. If you're in need, we provide confidential therapy by video. Seeking help is the first step to feeling like yourself again.



Choose a therapist

Pick the therapist you'd like to see based on your needs



See a therapist by video

Talk to a licensed therapist from wherever you are most comfortable



Schedule visits on your time

Appointments available seven days a week*

Schedule a visit today

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*Available 7 a.m. to 9 p.m. Teladoc Behavioral Health is available to members ages 18 and older.

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