



Mental Health Month: Get the support you need with virtual therapy

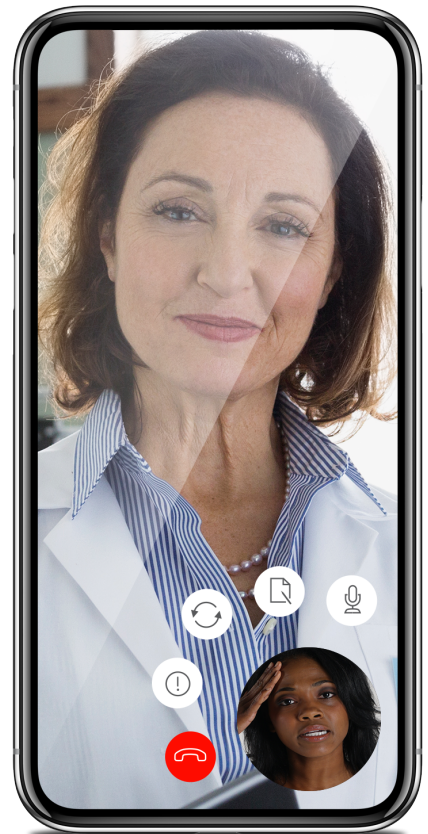


With the past few years of the pandemic making everything harder on all of us, it's more important than ever to fight for our mental health. Mental Health Awareness Month, and every month, you have support from certified therapists who can help you make progress through phone or video visits. We can help with:

- Anxiety
- Depression
- Stress
- Relationship conflict
- Trauma
- LGBTQ support

How it works:

- 1 Set up your account and fill out a brief medical history
- 2 Scroll through bios to choose the expert who best fits your needs
- 3 Schedule your confidential visit at a time that works for you



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