

Teladoc Mental Health Complete

Get the Right Support at the Right Time

with a Stepped Care Approach
In One Comprehensive Mental
Health Platform



What Teladoc Mental Health Complete Does for You

- Start with a comprehensive assessment and receive a personalized plan with recommendations based on your priorities, needs, stressors, and goals
- Choose from several self-guided programs for help with stress, depression, sleep, and more
- Speak with a certified life coach who will design a unique blend of video coaching and digital activities to help you manage life's challenges over the course of up to 7 sessions
- Establish ongoing relationships with licensed therapists, psychologists, or psychiatrists for \$25 per visit who can help with the most common mental health concerns via phone or video
- Adolescent therapy is available for teens ages 13-17, excluding psychiatry and coaching
- Access in-the-moment tools designed to help you address problems as they are happening, without waiting for a scheduled office visit



Download the **My Benefits Work Mobile App**
800.800.7616 | [MyBenefitsWork.com](https://www.MyBenefitsWork.com)

Mental Health Complete visits are not available to minors 12 and younger. Coaching and psychiatry consultations are not available for anyone under the age of 18. Not all Mental Health specialists will be available in all states. The Teladoc Mental Health Complete software does not provide medical advice, diagnosis or treatment. Coaches have National Board for Health & Wellness Coaching certification and guides have a bachelor's degree and training in evidence-based mental health engagement; coaches and guides are not licensed mental health professionals. Mental health consultations are performed by licensed mental health professionals employed by or contracted with Teladoc Health Medical Group, P.A. Crisis management services are performed by Vibrant Emotional Health or another third-party partner of Teladoc Health, Inc.