

ONLINE THERAPY & MENTAL HEALTH SUPPORT

Get help without jumping through hoops

Connect with licensed therapists and psychiatric providers who are a good match for you and your needs, available by phone or video, on your schedule.

Find my provider

Mental Health

- Video
- Phone
- Self-guided content

If this sounds like you, you're not alone

- Feeling stressed, anxious or stuck in a low mood?
- Struggling with a relationship or routine?
- Have questions about medication?
- Not sure where to start with support?

Care that fits your life

Whether you're looking for therapy, medication support, coaching or care for a child or teen, explore options designed to help you find the support that's tailored for you. Not sure where to start? Connecting with a therapist can be a great first step.

- Therapy
- Psychiatry & medication support
- Coaching & digital programs
- Support for teens
- Partnership with BetterHelp



Find your match in minutes

Create your account

Email*

Example@gmail.com

Password*

Password strength: Average

Already have an account? [Sign in](#)

Sign in or create your account
Takes just a minute—we'll guide you from there.

How can we help you?

What's the reason for your visit?*

Select a reason

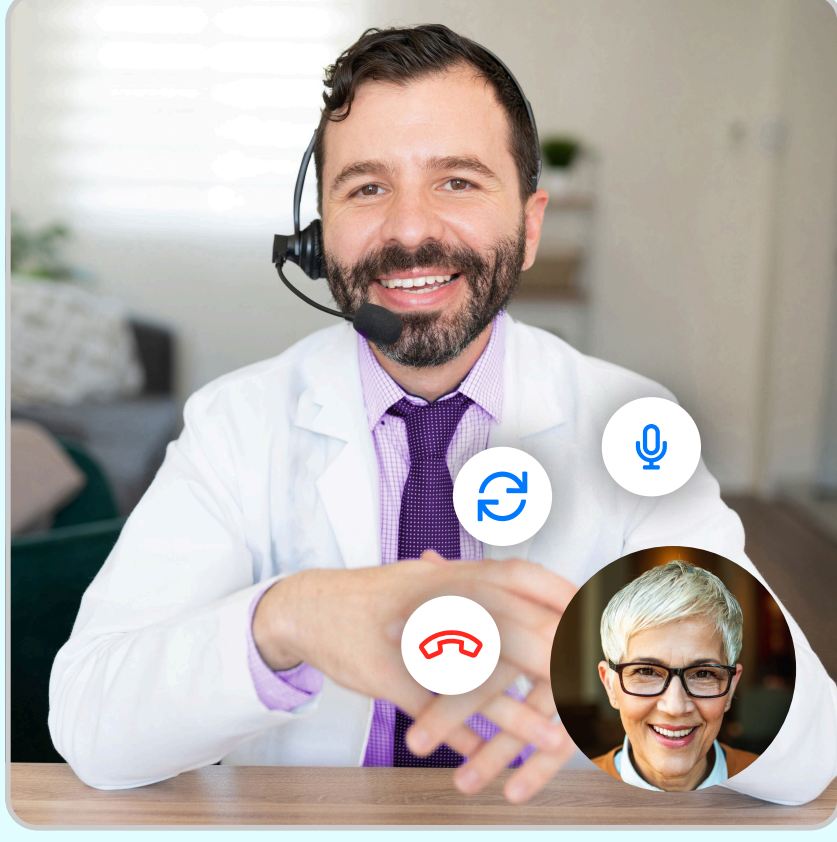
Depression

Insomnia

Anxiety

Questions about medication

Tell us what's going on
No need to know exactly what you need. We'll help you figure it out.



Find the right provider
We'll help you find a licensed provider who fits your needs.

Find my provider

Stories from people who took that first step

★★★★★ [Trustpilot reviews](#)



OLIVIA'S STORY Taking back control

“My therapist has really worked with me to show me that I have control over my life, I have power.”

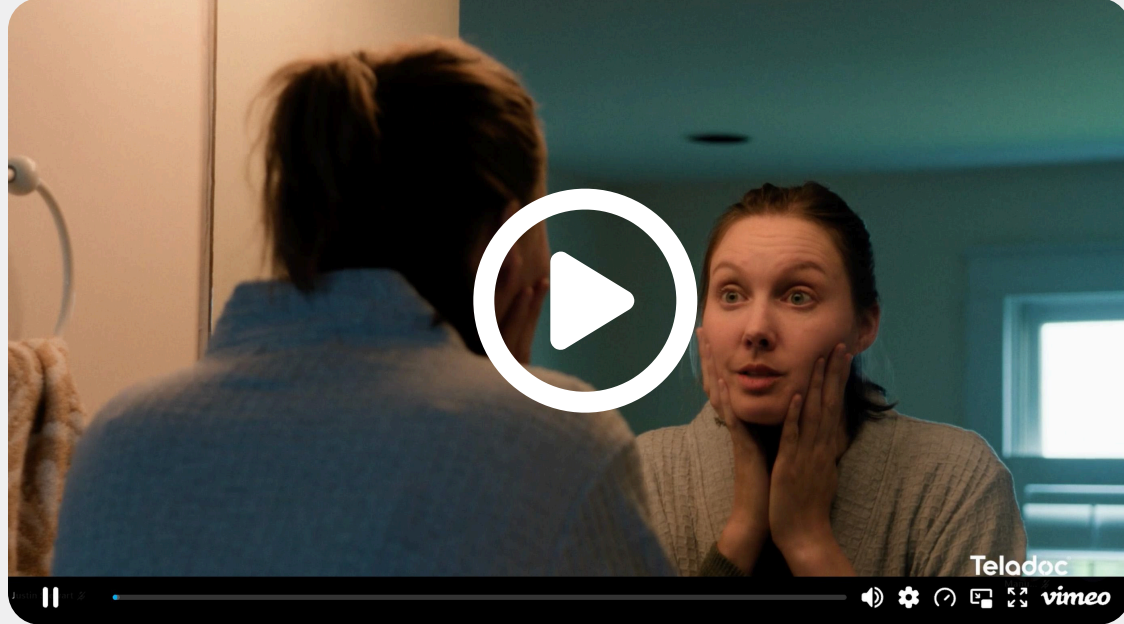
Olivia M., Teladoc Health member

The testimonials, opinions and statements reflect one individual's personal experience with Teladoc Health. Results and experiences may vary from person to person and will be unique to each individual. The testimonials are voluntarily provided and are not paid. The individual in the photo is not the individual who provided this testimonial.

One place for mental health support

Discover how people are getting better mental health support from Teladoc Health.

Find my provider

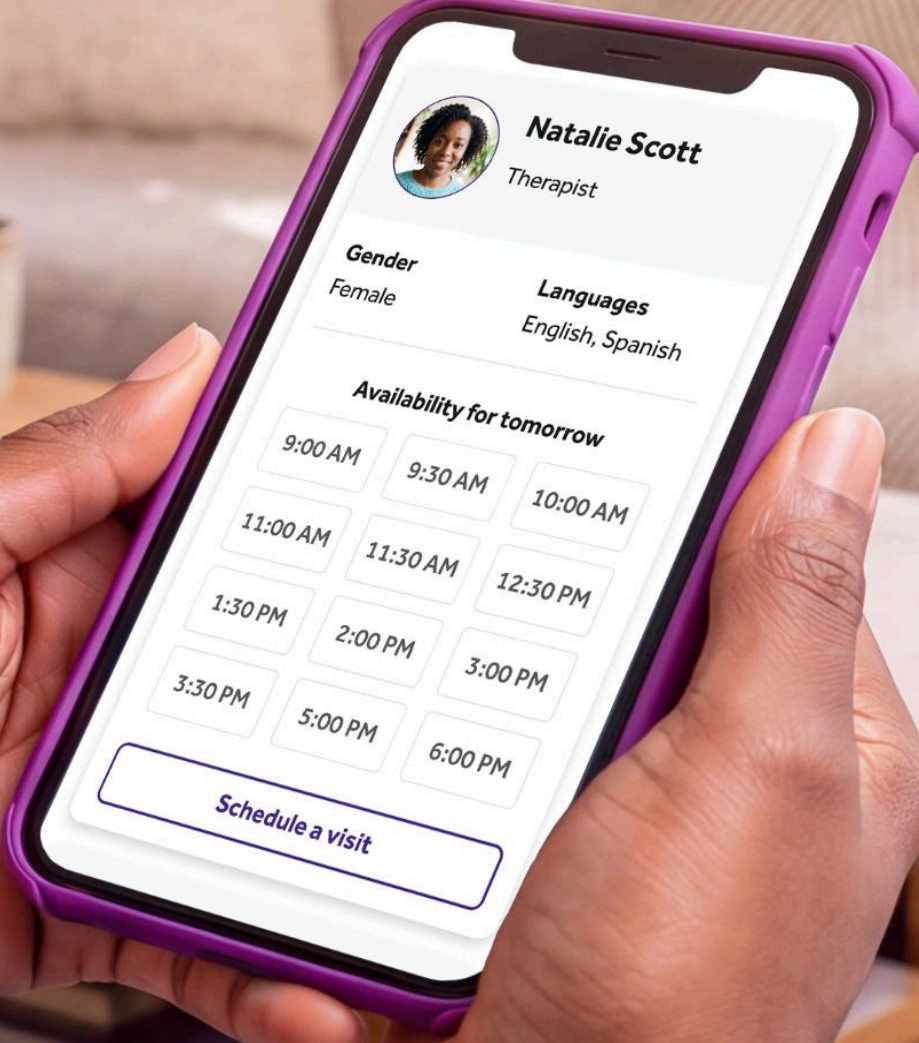


Still have questions?

- What is online therapy?
- How does online therapy work?
- Is online therapy effective?
- What's the difference between online therapy and online psychiatry, and how do I choose?
- Can online therapists prescribe medication?
- What mental health services does Teladoc offer?
- How much does online therapy with Teladoc cost, and is it covered by insurance?
- Can I see a psychiatrist with Teladoc?
- How does Teladoc match me with a provider, and how do I schedule my first visit?
- How long are the visits?

Support is here, whenever you're ready for it

Find my provider



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