

Know the **Five Signs** of Emotional Suffering



Not feeling like U?

R U Agitated?

Feeling Hopeless?

R U Withdrawn?

Caring 4 U?



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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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