

Start feeling like yourself again

Discover how Teladoc Health
Mental Health can help



Talk to a licensed mental health expert of your choice by {{phone or video}}, 7 days a week, from the privacy of your home.

Get help for:



- Anxiety and depression
- Negative thought patterns
- Sleep issues
- Relationship conflicts
- Trauma and PTSD
- Medication management (psychiatry only)

Start making progress:

1. Register and fill out a brief medical history
2. Choose the mental health expert who's right for you
3. Schedule a visit for a day and time that fits your schedule

Get started today

Visit Teladoc.com/Ambetter

Call 1-800-835-2362 TTY: 711 | Download the app  

For General Medical, dependents under 18 years old, the primary account holder must request a visit on their behalf. This can be done by app, website or phone