

Access to therapists by phone or video

We can help with whatever's keeping you up at night

Whether it's work, a relationship, or a family issue keeping you up at night, our therapists can help. Talking to someone about what's going on can calm your restless mind for refreshing, quality sleep and better health overall.

With your Teladoc Behavioral Health service, you can:



Choose the therapist you think would best fit your needs



Speak with a licensed therapist from any location by phone or video



Schedule an appointment 7 days a week, when it's convenient for you

Give your mind real rest.

Schedule a Behavioral Health visit today.

[Teladoc.com/Therapy](https://www.teladoc.com/therapy) [Download the app](#) [1-800-835-2362](tel:1-800-835-2362)