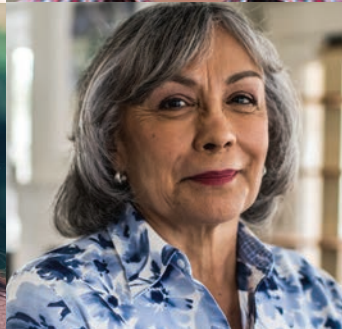




MENTAL HEALTH TESTIMONIALS

Real people.
Real progress.



Everyone faces **challenges**.

Life is unpredictable and sometimes you just need to talk about what's going on, confidentially, from wherever you're most comfortable.

Whether it's having to find a new job, family responsibilities, balancing more work assignments or the uncertainty of everyday life, you may be feeling overwhelmed, down, stressed and not like yourself. Whatever you may be facing, you're not alone.

Therapy is for everyone.

“Most people seem to be intimidated by therapy, but once they start it, their fears go away. They begin to look forward to it and can face their challenges in ways they didn't think were possible.”

Gustavo Kinrys, MD

Director of Mental Health, Teladoc Health



“I live in a rural area and have little access to mental health services. Thanks to Teladoc, I was able to get affordable care from the comfort of my home. I am so satisfied with the results and care I have received thus far. Without Teladoc, I would have never reached out for care.”

Hunter



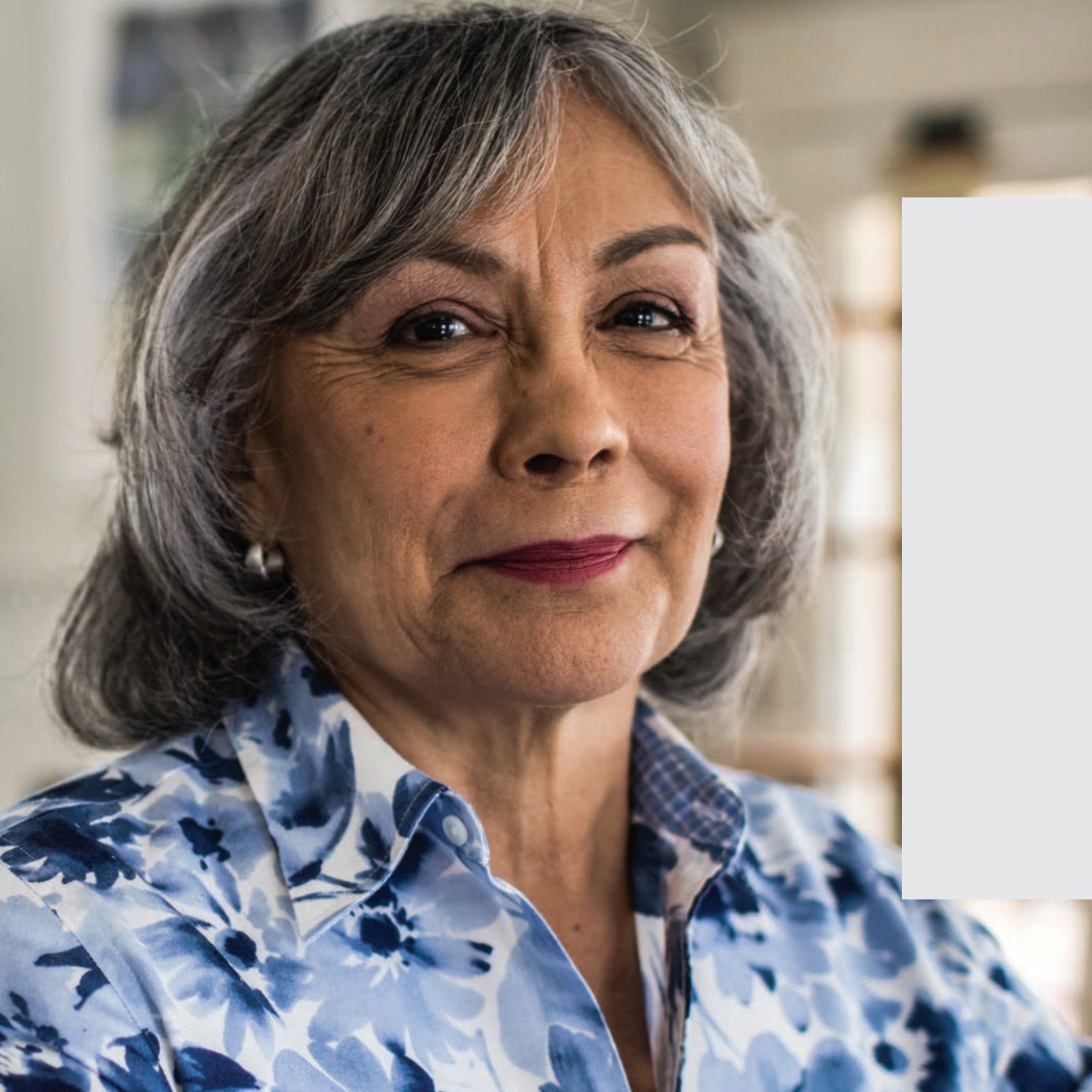
“I literally account my therapist with saving my mind, my soul and my life. I continue treatment with her, basically a check-in to see how I’m doing—while sitting at my dining room table in my pajamas! Teladoc was a life-changer in my time of need.”

Shelley H.



“Picking my therapist was the best decision ever. He’s so supportive and reminds me of my value. He has helped me stay sane during the pandemic and works with me to make solid changes.”

Courtney H.



“I have been very thankful for Teladoc during the current health scare. I am in the most vulnerable group (64 with health issues!), so I have been staying home for weeks. Teladoc gave me the opportunity to get my prescriptions refilled and get some therapy without leaving the house.”

Sherri G.



“My therapist listened to my concerns and actually took his time explaining everything to me. I felt understood and informed after my visit. I would recommend him to family and friends.”

KC



“I felt such relief after the FIRST call. The therapist I chose is a lifeline. I recommend her (and Teladoc) to all my family and friends. Choosing Teladoc is a no-brainer!”

Elisa



“The first phone call was a really positive step. The best part of the program was the fact that they made you feel so comfortable. I found that I was becoming myself again. I started spending time with family and friends. I now know how to handle my anxiety when I do get it.”

Nadia



Your mental health **matters.**

How Mental Health Care works:

- **Choose** the therapist or psychiatrist who best fits your needs
- **Schedule** an appointment 7 days a week (7 a.m. to 9 p.m. local time)
- **Build** an ongoing relationship with your therapist
- **Have confidential visits** from wherever you're most comfortable



LEARN MORE

TeladocHealth.com | engage@teladochealth.com

About Teladoc Health

Teladoc Health is the global virtual care leader, helping millions of people resolve their healthcare needs with confidence. Together with our clients and partners, we are continually modernizing the healthcare experience and making high-quality healthcare a reality for more people and organizations around the world.