

Feel like yourself again





Build a relationship with an experienced therapist or psychiatrist of your choice by phone or video

Our experts provide support for:

- Anxiety, stress, depression
- Mood swings
- Not feeling like yourself
- Relationship conflicts
- Trauma and PTSD
- Medication management

Start making progress

- 1. Set up your account and fill out a brief medical history
- 2. Choose the expert you think will be the best fit for you
- 3. Pick the preferred dates and times that fit your schedule
- **4.** Make progress from wherever you're most comfortable



Get started—it's already part of your benefits

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