



Peace of mind
happens here.

Speak with a psychiatrist or licensed therapist from anywhere

NOW AVAILABLE: The TRS-Active Care plan features Teladoc's Mental Health Care service as part of the benefits package. Taking care of your mental health is an important part of your overall well-being. With Teladoc Mental Health Care, adults 18 and older can get care for depression, anxiety, stress, grief, and more. Choose to see a psychiatrist, psychologist, social worker, or therapist and establish an ongoing relationship. Appointments must be scheduled in advance.

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“As a working mom with two small children, finding ‘me time’ is almost impossible. So having easy access to an amazing psychologist through Teladoc has been an invaluable benefit.”

Ade O., Teladoc member
.....

Why use Teladoc's Mental Health Care service

- ✓ Confidential treatment
- ✓ Convenience to speak with a therapist from anywhere
- ✓ Flexible scheduling
- ✓ Quick access to the right provider for you

Teladoc doesn't offer a crisis hotline, however if you are in a crisis or experiencing emotional distress, please call the National Suicide Prevention Lifeline at 1-800-273-8255.

Confidential therapy on your terms

Visit Teladoc.com/TRSActiveCare | Call 1-855-TELADOC (835-2362)

Download the app



Teladoc Mental Health Care

How to request a visit

Scheduling a visit with a psychiatrist or therapist is easy and convenient. You can make an appointment seven days a week, from 7 a.m. to 9 p.m. local time. Appointments are confirmed within 48 hours.

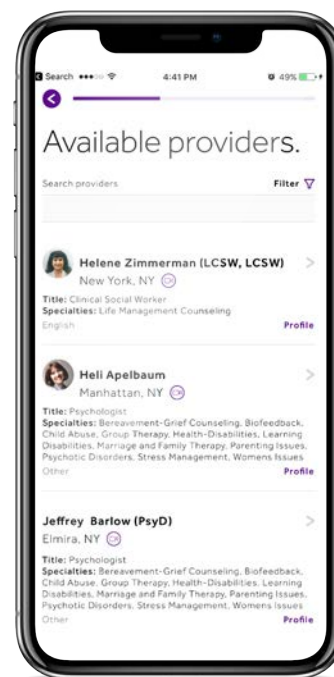
You can schedule your appointment online or via the Teladoc app. Psychiatry visit length is determined by the doctor on a patient-by-patient basis. Non-MD visits are generally 45 minutes. **Visits with a behavioral health provider are only offered through video appointments.**

Although call center reps cannot schedule appointments for you, they can answer your questions.

Psychiatrist (initial visit) **\$185 or less/session**

Psychiatrist (ongoing visit) **\$95 or less/session**

Psychologist, licensed clinical social worker, counselor, or therapist **\$85 or less/session**



How to schedule a visit

- 1 Register your Teladoc account via web or app or log in to your account if you're already registered
- 2 Request a visit
- 3 Complete the Patient Health Questionnaire
- 4 Select your behavioral health provider
- 5 Request a time for your appointment

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