



Give your restless mind a break **with Teladoc.**

Having a lot on your mind can keep you up at night, resulting in poor sleep quality, a low attention span, and moodiness.

It's helpful to talk through what's going on. Whether it's work, a relationship, or a family issue, our therapists can help bring you relief.

With your Teladoc Mental Health service, you can:



Choose the therapist you think would best fit your needs



Speak with a licensed therapist from wherever you are by phone or video



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

Schedule a Mental Health visit today.

[Teladoc.com](https://www.teladoc.com) Download the app

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