



# A **calm mind** is a tap away

## How is your emotional well-being?

If something is weighing you down, talking to someone can help. Teladoc's licensed therapists are available seven days a week. Choose your therapist, pick a time that is convenient for you, and then talk to the therapist from the privacy of home or anywhere you feel comfortable.

## Teladoc therapists can treat:

- Anxiety
- Depression
- Stress/PTSD
- Panic disorder
- Family and marriage issues
- And more

Get confidential therapy quickly and conveniently

## Schedule a session today

Teladoc.com/Aetna | Download the app |  | 

made available through  
**aetna**<sup>®</sup>

