

Get the emotional health support you want and deserve

At little
or no cost
to you



Discover Teladoc Health Mental Health, a flexible and convenient digital program with proven tools and dedicated support for stress, depression, sleep and more.

Teladoc Health empowers you with:



A personalized plan.

Answer a series of questions and Teladoc Health will create a plan designed just for you.



Teletherapy your way.

Connect with a licensed therapist of your choice by appointment 7 days a week from the comfort of home.



Recommended digital content and resources.

Explore self-guided activities and tools based on your goals and needs.

Teladoc Health[®] takes your privacy seriously. Your health information is protected by federal and state laws, including HIPAA. Please see our [Notice of Privacy Practices](#) for more information on how Teladoc Health uses your health information.



Get started

You can join by visiting TeladocHealth.com/Comfort/CHSLI
or call **800-835-2362** and use registration code: **CHSLI**