

Get the emotional health support you want and deserve

At 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.



Recommended digital content and resources.

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



In-the-moment tools.

Learn calming techniques, shift your thinking, get inspired and feel more hopeful.

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/mhsindiana
or call **800-835-2362** TTY: 711