

Teladoc Health Mental Health care

Confidential therapy
on your terms



Teladoc
HEALTH

GuideStone

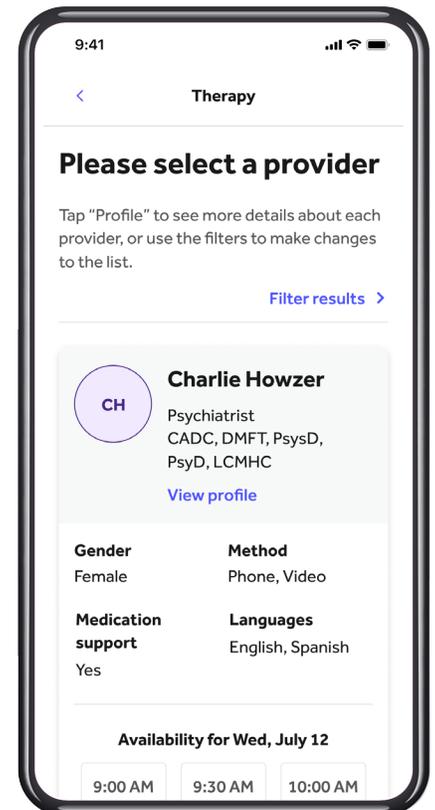
Your mental health is as important as your physical health.
Teladoc Health's licensed therapists can help with:

- Anxiety
- Depression
- Marital issues
- Stress
- Grief
- And more

Talk to a therapist 7 days a week by phone or video from wherever you are most comfortable.

How it works:

- 1 Download the app or go online to register or log in
- 2 Complete a brief mental health questionnaire
- 3 Schedule an appointment with the therapist who best fits your needs



Learn more today

Visit [Teladoc.com/GuideStone](https://www.teladoc.com/GuideStone)

Call 1-800-TELADOC (800-835-2362) | Download the app  | 

Mental Health care is available for eligible members ages 18-plus.

© Teladoc Health, Inc. 2 Manhattanville Rd. Ste 203, Purchase, NY 10577. All rights reserved. The marks and logos of Teladoc Health and Teladoc Health wholly owned subsidiaries are trademarks of Teladoc Health, Inc. All programs and services are subject to applicable terms and conditions.