



# Mental Health Live Video Therapy

**Experience effective and personalized one-on-one mental health therapy tailored to your needs, all from the comfort and privacy of your home. Live Video Therapy allows you to connect with a licensed mental health therapist on your schedule to help guide and support you wherever you are.**

The Mental Health Live Video Therapy is ideal for members and eligible dependents who feel more comfortable seeing and interacting with their therapist face-to-face or for those who need more hands-on support. This program offers up to six sessions with a licensed mental health therapist live via video call, accessible through your phone, tablet, or computer.

### Mental Health Live Video Therapy is appropriate for:

- Alcohol/substance use
- Anxiety/worry
- Depression
- Grief
- Health anxiety
- Mood concerns
- Panic attacks
- Phobias
- Procrastination
- Relationships
- Self-esteem
- Sleep problems
- Social Anxiety
- Stress
- Trauma
- ... and more

**Get started today!**

**1-844-900-8357**

