



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

