

PSYCHOLOGY



WHAT HELP CAN I GET FROM A PSYCHOLOGIST OR THERAPIST?

Taking care of your mental health is an important part of your overall well-being. Common behavioral health conditions treated include:

- Depressive Disorders
- Anxiety Disorders and Phobias
- Bipolar and Related Disorders
- Schizophrenia and Psychotic Disorders
- Attention Disorders
- Addiction and Substance- Related Disorders & Alcoholism
- Eating Disorders
- Obsessive Compulsive and Related Disorders
- Personality Disorders
- Sleep/Wake Disorders
- Neurocognitive Disorders & Dementia
- Dissociative Disorders

WHAT IS TELADOC® BEHAVIORAL HEALTH SERVICE?

What SHIP members need to know about visits with a therapist

Teladoc® allows SHIP members 18 and older to have a video visit with a licensed therapist or psychologist from the convenience of your home, your dorm, or on the go.



CRISIS & EMERGENCY

Teladoc® does not offer urgent/emergent Behavioral Health services.

If you are in crisis, or are having suicidal thoughts, please get help right away or call 911.

WHY USE TELADOC'S BEHAVIORAL HEALTH SERVICE

- ▶ Confidential Treatment
- ▶ Convenience to speak with a therapist from anywhere
- ▶ Flexible scheduling
- ▶ Quick access to the right provider for you



www.Teladoc.com/wellfleetstudent

HOW MUCH DOES IT COST TO USE TELADOC?

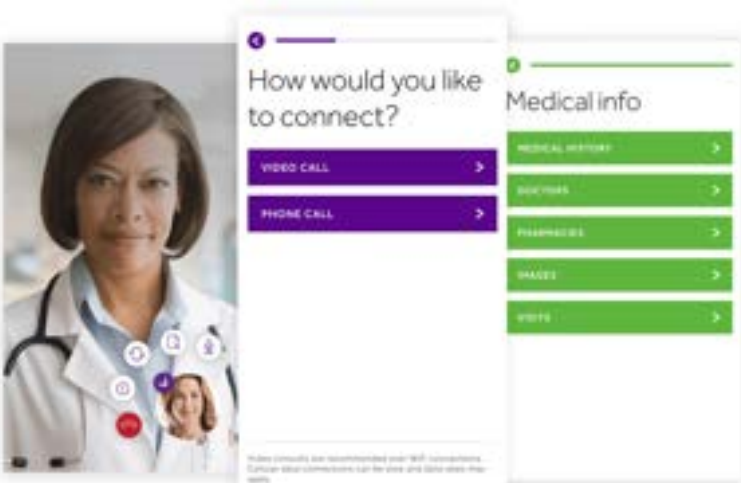
- There is a \$15 copay per visit for SHIP members to use Teladoc®.
- Non-SHIP students are not eligible to use Teladoc®.
- Payment can be made by PayPal, debit accounts, and all major credit cards

HOW DO I USE TELADOC?

To start, simply download the free Teladoc® app to your mobile device or visit www.Teladoc.com/wellfleetstudent from a computer with a webcam.

Members may request a telephonic or video-based behavioral health visit with a provider seven days a week, from 7 a.m. to 9 p.m. local time.

The provider may propose alternate times to the member without any time restriction. Please schedule your appointment online via the Teladoc app. Call center reps cannot schedule appointments for you; however they can answer your questions.



- ▶ Register your Teladoc® account via web or app or log in to your account if you're already registered.
- ▶ Request a visit.
- ▶ Answer a few questions.
- ▶ Select a therapist.
- ▶ Request a time for your appointment.