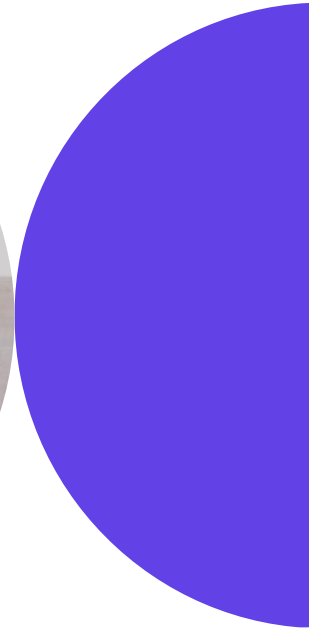




# Mental Health

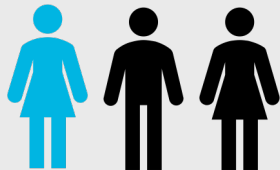
Empower individuals to live their healthiest lives



“Over the past three years, Teladoc Health’s clinicians have seen a 15x jump in anxiety and depressive disorders diagnoses and a 10x jump in diagnoses for acute stress.”<sup>4</sup>

# Mental health issues are on the rise

Conditions like anxiety, depression, substance abuse and suicide have risen sharply in the U.S



1 in 3 U.S. adults report symptoms of anxiety and/or depressive disorder<sup>1</sup>

57%

of adolescent females report feelings of hopelessness and sadness<sup>2</sup>

50M

Americans have experienced mental illness<sup>3</sup>

Source: 1. [KFF, The Implications of COVID-19 for Mental Health and Substance Abuse, State of Mental Health in America, 2023.](#) 2. [KFF Analysis of the Census Bureau's Household Pulse Survey, 2023.](#) 3. [The State of Mental Health in America, 2023.](#) 4. [Teladoc Health Press Release, Nov 2022.](#)

# Did you know...

...left untreated mental health needs can have long-lasting effects on your physical health?

Research has shown people with depression have a 40% higher chance of developing cardiac disease, hypertension, stroke, and diabetes than the general population.<sup>1</sup>

Source: 1. [The Lancet Psychiatry Commission: a blueprint for protecting physical health in people with mental illness](#). Published: July 16, 2019

# The current state of mental healthcare

1

Accessibility

**6 weeks**  
average wait time  
for behavioral  
health services.<sup>1</sup>

2

Affordability

**1 in 4**  
Americans have to  
**choose between**  
mental health **treatment**  
**and daily necessities.**<sup>2</sup>

3

Approachability

**1/3**  
of Americans  
**worry about facing**  
**judgment** from others  
for seeking care.<sup>3</sup>

4

Equity

**150M+**  
people live in federally  
designated mental  
health professional  
**shortage areas.**<sup>4</sup>

Source: 1. [The National Council for Mental Health Wellbeing](#) 2. [The National Council for Mental Health Wellbeing. Study Reveals Lack of Access as Root Cause for Mental Health Crisis in America.](#) 3. [The National Council for Mental Health Wellbeing. Study Reveals Lack of Access as Root Cause for Mental Health Crisis in America.](#) 4. [AAMC. A growing psychiatrist shortage and an enormous demand for mental health services. Aug, 2022.](#)

# Do you feel unsure of where to begin? You are not alone.

**61%**

of those seeking support say it's hard to know where to start seeking care.<sup>1</sup>

**27**

million adults experiencing a mental illness are going untreated.<sup>2</sup>



# Signs you may need to focus on your mental health and wellbeing

- Decreased resilience
- Making mistakes and missing deadlines
- Negative language (written or spoken)
- Working excessively long hours
- Not taking time off
- Increased irritability
- Socially isolative
- Apathy
- Physical illness
- Apparent fatigue

Disclaimer: This list is not comprehensive and is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment.

Source: 1. <https://www.forbes.com/sites/markmurphy/2020/04/23/three-warning-signs-that-your-remote-employees-are-starting-to-crack-under-the-stress-of-working-from-home/#45da6f182237> 2) <https://www.entrepreneur.com/article/354555>

# Why focus on your mental health and wellbeing?

- **Improve** energy, focus, and productivity
- **Reduce risk** for physical health issues
- **Feel more present** in your day-to-day life
- **Strengthen relationships** with friends and family
- **Learn coping strategies** that can help improve the quality of life

\*Results and experiences may vary from person to person.





## **What to look for when seeking mental health support**

**Accessible and easy to navigate**

**Personalized & comprehensive**

**Evidence-based, high-quality care**

**An integrated approach**



# There are many types of virtual mental health support

HOW ARE THEY DIFFERENT?



Self-guided programs covering everything from day-to-day stress to the most complex conditions



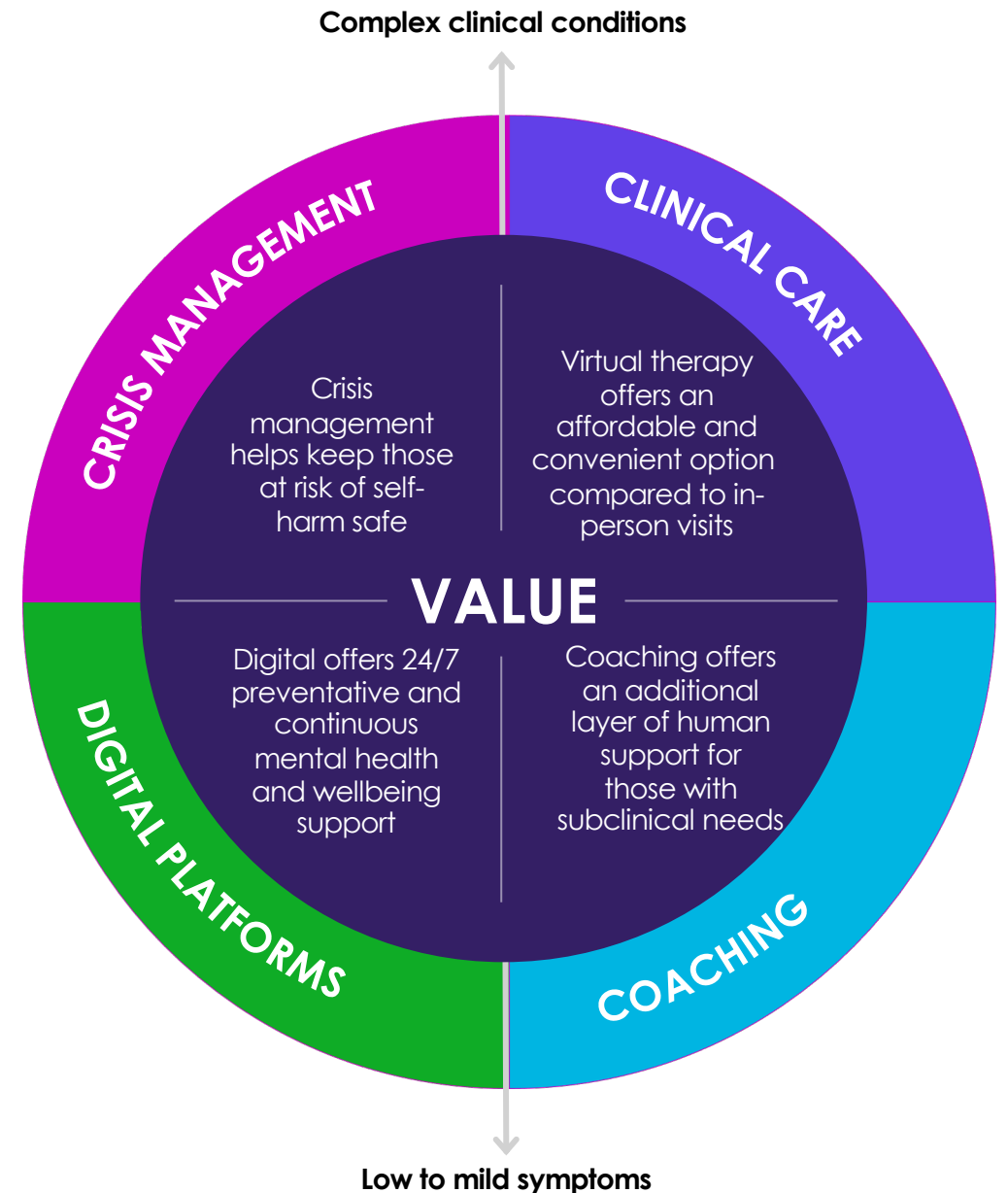
Live sessions with a certified coach paired with personalized digital recommendations



Evidence-based therapy and counseling by video or phone

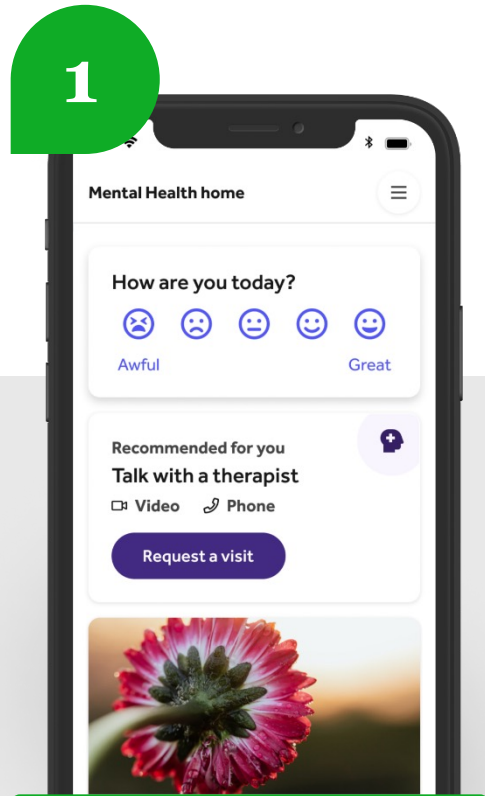


Support and intervention for individuals who appear at risk of suicide or self-harm

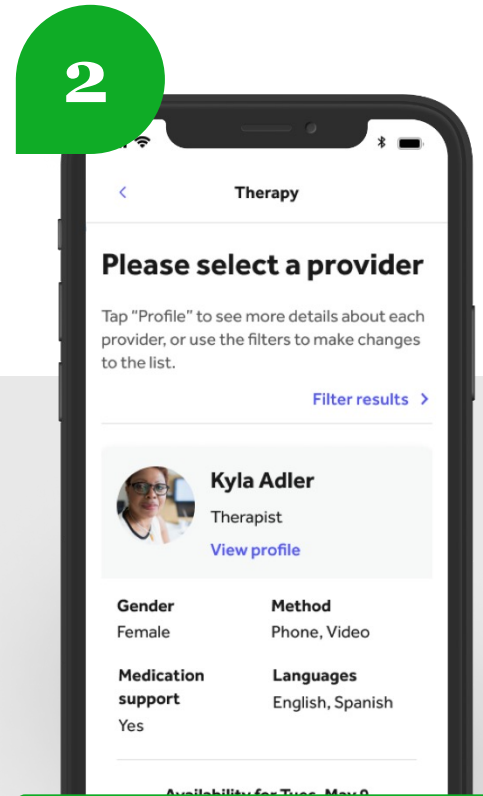


# Easy access to clinical care from within the Teladoc Health app

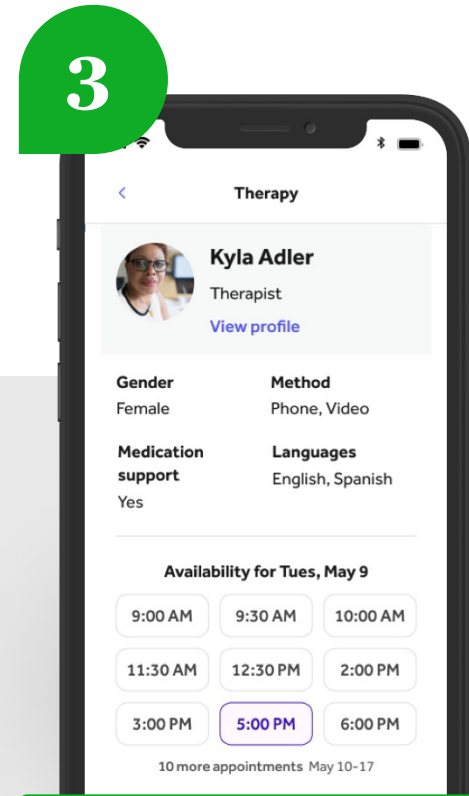
A SIMPLE AND EASY WAY TO BOOK AND MANAGE VISITS WITH THERAPISTS AND PSYCHIATRISTS



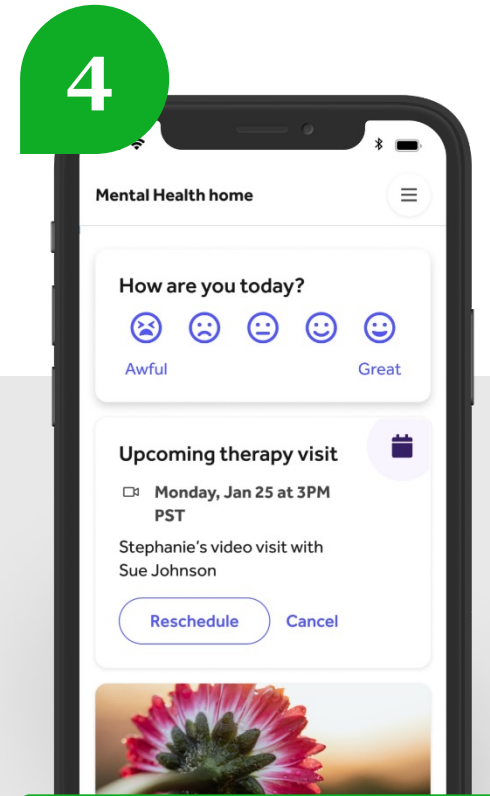
Home screen reminder to book



Search and select a provider based on individual needs and preferences



Select a date and time



Home screen reminder of appointment

# Dr. Vanessa Bonaparte

PsyD

**“My goal is to improve relationships, reduce emotional suffering, or just help you to find your way. I believe no two people are alike, and an eclectic approach to counseling allows me to explore many options with you. It will feel like you are talking to a trusted friend with me.”**

**20 years' experience**

**Specializes in** mood disorders, depression, anxiety, anger, grief and vocational counseling

**Co-authored** “The Quick Survival Guide for Mood Disorders”





## For more information on mental health support:

Contact your employer's HR  
benefits team or go to  
[www.teladochealth.com](http://www.teladochealth.com)

