

## Start feeling like yourself again

Discover how HealthiestYou Mental Health can help.





Talk to a licensed therapist or psychiatric provider of your choice by phone or video, 7 days a week, from the privacy of your home.

## Get help for:

- Anxiety and depression
- Negative thought patterns
- Sleep issues

- Relationship conflicts
- Trauma and PTSD
- Medication management (psychiatry only)

## **Start making progress:**

- 1. Register and fill out a brief medical history
- 2. Choose the mental health expert who's right for you
- 3. Schedule a visit for a day and time that works best for you

Digital content and resources are also available to help you better manage everyday life and challenges.

## Get started today

Visit HealthiestYou.com Call 866-703-1259

\*Participants must be 18 years or older\*

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