

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