

You now have access to Adolescent Mental Health care

Therapy and support for teens ages 13-17



With everything going on in the world, teenagers are experiencing more emotional pressure than usual, which is leading to increased reports of depression, anxiety and behavioral issues. If you're worried about your teen, you can access your Teladoc Adolescent Mental Health service at any time.

Our licensed therapists specialize in supporting teens who need help with:



- Depression
- Anxiety
- Eating disorders
- Substance use
- Domestic violence
- LGBTQ needs
- Relationships
- Sexual abuse
- Codependency
- Sexual/reproductive health
- ADHD
- Processing divorce

How it works:

- 1 Add your teen as a dependent on your account. Fill out the consent and adolescent intake forms.
- 2 From the parent/guardian account, choose a therapist who your teen would like to meet. Select a day and time that works for you and your teen.
- 3 Attend the beginning of your teen's first therapy visit with your teen. Parent/guardian attendance is only required for the first visit.

Find a Therapist for your teen

Visit [Teladoc.com](https://www.teladoc.com)

Call 1-800-TELADOC (835-2362) | Download the app  

Parent/guardian must be present at the beginning and end of each initial provider visit. Not required for ongoing visits.