

# 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. This has led to increased reports of depression, anxiety and behavioral issues. If you're worried about your teen, you can access your Teladoc Health Adolescent Mental Health service at any time.

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

- Depression
- Anxiety
- Disordered eating
- Healthy coping
- Trauma
- LGBTQIA+ needs
- Relationships
- Codependency
- Sexual health
- ADHD
- Life transitions

## How it works:

- 1 Add your adolescent as a covered dependent on your account. Fill out the consent and 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 both of you.
- 3 Attend the beginning of your teen's first therapy visit. Parent/guardian attendance is only required for the first visit.

## Find a therapist for your teen

Visit [Teladoc.com](https://Teladoc.com) | Download the app  | 

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

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