

licensed therapists. board-certified psychiatrists.

MDLIVE. anytime. anywhere.



You may feel overwhelmed or not like yourself. If you're struggling, your health plan includes talk therapy and psychiatry from the privacy of home.¹ Get caring support for mental health needs like anxiety, stress, life changes, grief, and depression.

fast and convenient.

Have your first therapy appointment in a week or less and choose a time that works for you. Convenient appointments are available, including nights and weekends.

affordable and easy.

The large MDLIVE network makes it easy to find a therapist or psychiatrist that is the right fit for you. Choose the same one for each appointment or switch at any time.² No surprise costs. No hassle.

MDLIVE cares for hundreds of mental health needs, including:

- Addictions
- Anxiety
- Depression
- Grief & Loss
- Life Changes
- Obsessive Compulsive Disorder (OCD)
- Panic Disorders
- Phobias
- Relationship Issues
- Stress Management
- And more



MDLIVE Well-being Tools

Your MDLIVE therapist or psychiatrist may assign you Well-being Tools³ through the MDLIVE Health Coaching app. These digital tools support your mental health journey and include CBT-based action plans, guided meditation, journaling, and trackers for mood, anxiety and sleep.



Get the app



Meet Sophie, your
personal assistant.
Text SISC to 635483 to
create an account.

Create your account today.
mdlive.com/SISC | 800.657.6169

¹Mental health services are available for ages 10 and up.

²Patients may switch providers up to two times following their first appointment but may not exceed three providers in total.

³Well-being Tools are available to patients ages 18 and older at no additional cost.

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