



# FREE IMMEDIATE ACCESS TO TELETHERAPY

**Choose a therapist based on your preferences**  
*gender, language, ethnicity, focus area*

**at a time that fits your schedule**  
*day, night, weekend availability by video, phone, chat, or message*

**Private. Secure. Confidential.**

Experiencing a mental health crisis? Help is available 24/7/365

**833.646.1526**

If you are experiencing a medical emergency call 911.



Scan the QR code to get started