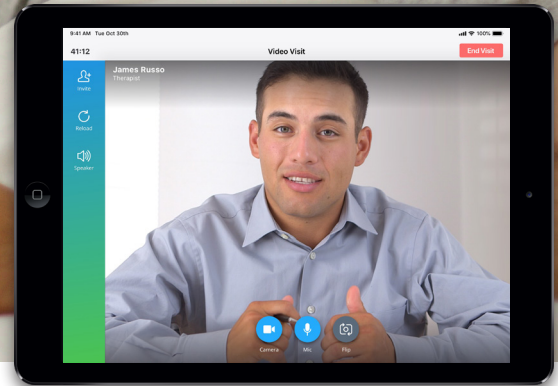




# ONLINE MENTAL HEALTH SUPPORT



## Visit with a therapist or psychiatrist from the comfort of home using Maddy Virtual Care.

If you're feeling sad, stressed, or anxious know that you're not alone. Now, you can talk with a licensed therapist or board-certified psychiatrist using Maddy Virtual Care. It's an easy and convenient way to get the support you need whether you're at home, work, or on the go.

### See a therapist or psychologist in 4 days or less!\*

Sign up today or log into Maddy Virtual Care to get started. Then select "therapy" to view availability and schedule a 45-minute visit that's convenient for you. Appointments are available 7 days a week, day or night.

### See a psychiatrist for medication management:

When you're looking for more than talk therapy, use Maddy Virtual Care to visit with the psychiatrist of your choice. Sign up or log in and select "psychiatry" to view availability and schedule a visit. The psychiatrists you see through Maddy Virtual Care can help you manage medication for behavioral health conditions. While these psychiatrists cannot prescribe controlled substances, they can coordinate care with your primary care physician or other provider.

### Our therapists and psychiatrists can provide support for:

- Stress
- Anxiety
- Relationship or family challenges
- Depression
- Grief
- Panic attacks
- OCD
- Coping with an illness
- PTSD
- Bipolar disorder
- And more

**Sign up for free today or download the iOS or Android mobile app OR visit [maddyvirtualcare.com](https://maddyvirtualcare.com).**

\* Appointments are subject to availability. Online counseling isn't appropriate for all kinds of problems. If you're in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call 1-800-273-8255 (National Suicide Prevention Lifeline) or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. Maddy Virtual Care doesn't offer emergency services.

