

“Mental Health Navigator has been very helpful. It gives me hope that my conditions can be treated and I can feel better.”

Jack, Teladoc Medical Experts member



When you're at your lowest, **Teladoc Medical Experts can help.**

Get past your lowest moments with Mental Health Navigator. It's confidential and only lasts as long as you feel it's needed.

How Mental Health Navigator works:

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All you need to do is call or go online to start a case.

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One of our Navigators will be with you all the way, from your initial visit to pairing you with the right clinician.

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Through an action plan, communication, and time, you'll start feeling like yourself again.

Starting a case is easy.

Visit Teladoc.ca/medical-experts or call 1-877-419-2378