



## MENTAL HEALTH NAVIGATOR

# Learn more about your mental health with guidance and support



**Mental health can be hard to navigate. Let us help.**

Get an expert assessment and review your mental health diagnosis.

### When you can use this service:

- If you haven't received a diagnosis, and need support.
- If your condition isn't improving.
- If you need clarity on your next step.
- If your current medication treatment hasn't been effective.
- If you are looking for support to navigate the mental health system.

Mental Health Navigator is a confidential, compassionate resource to guide to appropriate care —whether you're experiencing stress, anxiety, depression, or another mental health issue.

**“ I live in a rural area and have little access to mental health services. Thanks to Teladoc, I was able to get affordable care from the comfort of my home. I am so satisfied with the results and care I have received thus far. Without Teladoc, I would have never reached out for care.**

- Hunter



## How it works

1

You initiate the process from the comfort of your home by phone or web.

2

A member of the team connects with you to gain further information and gather your medical history.

3

When appropriate, a licensed psychologist or psychiatrist reviews your case, meets with you virtually, and provides a recommendation.

4

Teladoc Health will send you a customized and detailed report with recommendations for the best path forward.

5

A personal navigator provides ongoing support throughout the process.

76%

of members received recommendations for a diagnosis change

81%

of members received recommendations for improved treatment plans

---

## Start your journey to better health today.

Visit [TeladocHealth.ca/SunLife](https://TeladocHealth.ca/SunLife) | Call 1-877-419-2378