



Anxiety: when worry becomes worrisome

Anxiety affects approximately 40 million Americans. That's 18% of the population.¹

If you think you might have anxiety, Teladoc's Mental Health service can help. Our licensed therapists can diagnose and treat anxiety seven days a week. Simply choose your therapist, pick a time that's convenient for you, and then talk to the therapist from wherever you feel most comfortable. **Connect with Teladoc for care today.**

In addition to anxiety, Teladoc therapists can treat:

- Depression
- Stress/PTSD
- Panic disorder
- Family and marriage issues
- And more

¹ Anxiety and Depression Association of America <https://adaa.org/about-adaa/press-room/facts-statistics>

Get confidential therapy quickly and conveniently

Schedule a session today

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