



INTRODUCING BEHAVIORAL HEALTH SERVICES THROUGH TGH VIRTUAL HEALTH

Taking care of your mental health is an important part of your overall well-being. Tampa General Hospital has partnered with Teladoc Mental Health Services to help you access expert care from the comfort of your own home. Adults 18 and older can get care for anxiety, depression, grief, family issues and more from a licensed professional through our TGH Virtual Health app, available in the App Store and Google Play. When you're ready to talk, we're here to listen.

ISSUES WE OFTEN HELP WITH:

- Addiction
- Anxiety
- Big life changes
- Depression
- Family difficulties
- Grief counseling
- LGBTQ issues
- Marital issues
- PTSD
- Stress
- Work pressures
- And more

PRICING

Psychologist (initial visit) **\$200/session**

Psychiatrist (ongoing visit) **\$95/session**

Psychiatrist, licensed clinical social worker, counselor or therapist **\$85/session**



BEHAVIORAL HEALTH SERVICES



HOW TO SCHEDULE A VISIT:

Scheduling a phone or video visit with a therapist is easy and convenient. You can make an appointment seven days a week from 7 a.m. to 9 p.m. Appointments are confirmed within 72 hours. You can select to see a psychiatrist, psychologist, social worker or therapist and establish an ongoing relationship. No referrals or authorizations are required.

- Step 1:** Register your TGH Virtual Health account via mobile app or log into your account if you're already registered.
- Step 2:** Request a visit through the TGH Virtual Health mobile app and select the Teladoc Behavioral Health Services and answer a few questions.
- Step 3:** Select from the list of Teladoc providers (therapists, social workers, psychiatrists and psychologists). Request three preferred dates and times that work best for you.
- Step 4:** Fill out a brief emotional health questionnaire. After that, your therapist will select which time and date fits in their schedule and confirm it with you. If none of the days and times you requested are available, you will get an email listing the dates and times the provider is available.

To get started, download the TGH Virtual Health app.