MENTAL HEALTH FOR TEENS
provided by Teladoc®

SUPPORTING HAPPY AND HEALTHY TEENS

Mental (behavioral) health services from Teladoc connect your child with a licensed behavioral specialist who can offer ongoing support wherever they’re most comfortable. Appointments are available seven days a week, from 7 a.m. to 9 p.m. local time, and must be scheduled at least 72 hours in advance. Teens can get support for issues like:

- School stress
- Family challenges
- Cyberbullying
- Eating disorders
- Depression

Mental health services through Teladoc are more than remote care. They offer benefits that make it easy to help your child stay on track, including:

- Confidential treatment with parental supervision
- Flexible scheduling
- Being able to speak with a specialist from home
- Quick access to the provider you feel is best

WHO CAN GET CARE?

You’re eligible to register teens ages 13 to 17 if you’re a current Blue Cross and Blue Shield Service Benefit Plan member. Parents must sign a consent form for their child to participate. Mental health services are available in all 50 states and Washington, D.C.
HOW TO SCHEDULE A VISIT

1. Set up a Teladoc account by web or app or log in to your account if you’re already registered. Then, add your teen as a dependent.

2. Download and print the consent and intake forms. The completed forms must be uploaded before you schedule an appointment.

3. Select a specialist for your teen.

4. Request a time for the appointment and receive confirmation. Please note, a parent or guardian must attend the beginning and end of each appointment.

NEED HELP OR HAVE QUESTIONS?
Call Teladoc at 1-855-636-1579 or visit fepblue.org/telehealth.