



Feel like yourself again



Mental Health Navigator

Are you struggling or feeling overwhelmed? Are you concerned because you feel your condition isn't improving or your treatment isn't working? Teladoc Medical Experts', Mental Health Navigator can help you feel more like yourself again. It's a confidential and personalized service¹.

"I want everyone who is having problems to know about the Mental Health Navigator service—this has been life-changing for me."

Shane 2019

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How Mental Health Navigator benefits you

Help navigating the complex mental health care system

Finding the right help for your condition can be a challenge. Sometimes, just getting answers to questions can be difficult. Mental Health Navigator can guide the way.

Expert assessment to help you better understand your condition

An expert psychologist and/or psychiatrist will review your situation and speak with you via a video call to make sure you have the right diagnosis, treatment plan, and medication (if needed). They will write this up in a detailed report and action plan.

An actionable plan, caring support

The Navigator (a registered nurse or social worker) will review your action plan with you and act as your guide. It's all about helping you navigate the complex mental health system and return to wellness.



How it works

1. Getting started is easy. Visit [Teladoc.ca](https://www.teladoc.ca) or call (877) 419-2378.
2. One of our Navigators (a registered nurse or social worker) will support you through your journey, from your first conversation to pairing you with the right clinician.
3. With a personalized action plan, ongoing communication, and time, you will start feeling more like yourself again.

Mental Health Navigator provides expert mental health guidance—so you can feel more like yourself again



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¹Mental Health Navigator is available to plan members and their dependants who have extended health benefits with Empire Life. You must be 18 years of age to use this service.

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The Empire Life Insurance Company

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