

# Mental health is just as important as physical health.

Mental health not only affects how you feel every day, it also affects how you make decisions, handle stress, and manage your relationships. Doctor On Demand® makes it easy for you or a loved one to connect with the right therapist or psychiatrist online.

## When to consider seeing a therapist:

- You're experiencing anxiety or depression.
- You're having relationship issues.
- You want to manage stress better.
- You want guidance in times of transition or change.
- You're coping with grief or loss.

## When to consider seeing a psychiatrist:

- You feel an overwhelming sense of worry or sadness.
- Your thoughts and emotions are disrupting your daily life.
- You're interested in starting medication.
- You need help managing medication.
- You have a family history of complex mental health issues.

## Here's how to get started.

- 1. Browse providers.**  
View our licensed therapists and psychiatrists to find your perfect match.
- 2. Schedule a visit.**  
Book an appointment for a time that works best for you. All from the comfort and privacy of home.
- 3. See your therapist again.**  
Setting up a schedule with your therapist is an important part of improving your mental health and meeting your goals.



**Download the app.**

