



# You don't have to grieve alone

It's common to feel lost when you lose someone close to you. You might even feel things you've never felt before.

Grief might look like:<sup>1</sup>

- Shock and disbelief
- Sadness
- Anger
- Resentment
- Regret
- Anxiety

There is no right or wrong way to grieve. However, talking to someone can help, no matter what you're feeling.

## You're never alone with Teladoc Health by your side

- ✓ Find a therapist who best fits your needs
- ✓ Schedule an appointment 7 days a week
- ✓ Get help anytime, anywhere—by phone or video

## Reach out for support today

TeladocHealth.com | Download the app  

<sup>1</sup>[CDC: Grief and loss](#)

Teladoc Health is not available internationally.

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Mental Health care is available for eligible members ages 18+. For members with Adolescent Mental Health as part of their available benefits, care is limited to therapy only for eligible dependents ages 13-17. Teladoc Health does not provide psychiatric services or mental health medication management to adolescents. One parent or guardian must be present at the beginning and end of the first visit but this is not required for ongoing visits.