what happens when you call for mental health support?

MyLiveDoc
Your health, your time

MyLiveDoc provides you with free, confidential assistance to manage life's challenges and stay happy, healthy and safe.

No cost to you | **Completely confidential** | **Available 24/7**

when you call.

1. You will be immediately connected with a Care Coordinator who is a master's level clinician.
2. The Care Coordinator will assess your needs, screen for emergencies, and provide in-the-moment support.
3. Following the needs assessment, the Care Counselor will work with you to create a plan for support and resolution.
4. The Care Coordinator will help you connect to appropriate available support and resources.

call to get started call
855-226-6567

To learn more about mental health services, visit:
member.mylivedoc.net



common reasons to call.

- Academic or career stress
- Anxiety
- Balancing school and personal life
- Burnout
- Depression
- Failing grades
- Gambling addiction
- Health or body image issues
- Neglect of personal hygiene
- Parenting and managing school
- Relationships
- Struggling with daily responsibilities
- Substance misuse
- Suicidal thoughts