

Mental Health Resources from Doctor On Demand[®]

You may be familiar with Doctor On Demand's medical services, which can replace a trip to urgent care or the ER for things like colds, flu, coronavirus, sprains, rashes, allergies, and more.

But the Doctor On Demand team also has a diverse roster of licensed psychiatrists and psychologists to provide the emotional support you need from the privacy of your home.

From talk therapy to medication management, their team can take care of your full mental wellbeing.

What Doctor On Demand Can Treat

- ▶ Anxiety
- ▶ Depression
- ▶ Relationships
- ▶ Trauma & Loss
- ▶ Postpartum
- ▶ And More

Getting Started

1. Download the Doctor On Demand app from the App Store or Google Play
2. Create an account
3. Add your CDPHP coverage to ensure your visits are priced correctly



For more information, visit doctorondemand.com/behavioral-health.

Discrimination is Against the Law

Capital District Physicians' Health Plan, Inc. (CDPHP[®]) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Multi-language Interpreter Services

ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。