

**Feeling down is normal.  
Talking to someone  
about it is too.**

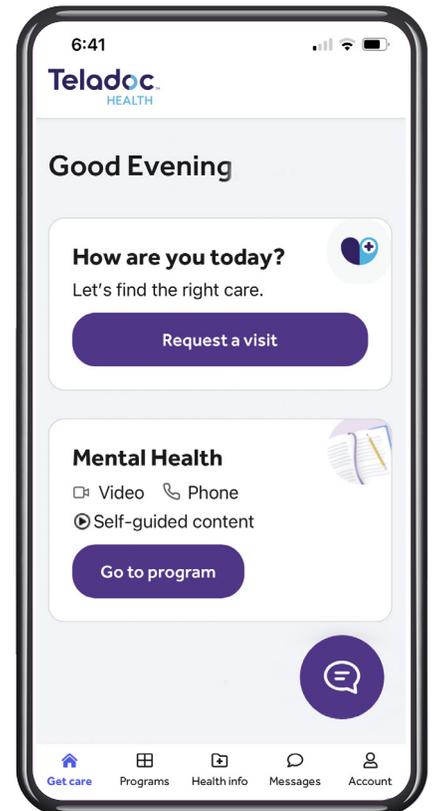


Depression can stem from many things, such as major transitions in your life or routine. Genetics and changes in your brain's chemistry can play a role too.

**Luckily, you have access to confidential therapy  
from the comfort of home:**

-  Choose the licensed therapist who best fits your needs
-  Schedule a visit 7 days a week
-  Talk by phone or video from anywhere you're comfortable

**Take the first step toward feeling better.  
Schedule a visit at no cost to you.**



Visit [member.teladoc.com/molina/KY](https://member.teladoc.com/molina/KY)  
Call 1-800-TELADOC (835-2362) (TTY:711)  
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