



Mental Health Benefits

At Friday Health Plans, we believe in a holistic approach to your health, which means keeping your mind healthy too. For mental health, we offer a wide range of coverage options to fit your preferences, including unlimited \$0 mental health visits on most plans!*



Find covered mental health providers to meet in person/virtually: carenavigator.fridayhealthplans.com*



Speak with a counselor** 24/7 by phone or video for \$0.* Download Teladoc: teladoc.com/fridayhealthplans



Get matched with a therapist near you and meet in person/virtually. Learn more at sondermind.com.*

Mental Health IS Health. Talk to someone today.

