



# EMBRACE YOUR MENTAL HEALTH ANYWHERE

In partnership with your hospital, we offer a confidential and convenient way to connect with board-certified psychiatrists, psychiatric nurse practitioners and therapists in a secured virtual space.

We help Stoughton Health employees experiencing mental health challenges such as:

- Stress
- Grief/Loss
- Feeling of Isolation
- Anxiety
- Depression
- Addiction
- Trauma
- Family Conflicts
- Relationship Problems
- LGBTQ+ matters
- Eating & Sleep Disorders



embracehealth.com  
515-612-9583

Schedule a private virtual appointment on our website, or give us a call.

## Our Telehealth Services Include:

- ✓ Individual Therapy
- ✓ Telepsychiatry with Medication Management
- ✓ Group Therapy
- ✓ Bridge/Interim Treatment (until you find a new provider)

\*All services are confidential. Patient names are not disclosed with your employer.

Got Questions?

Call or text 515-612-9583

