

Mental Health Care for Military Members and Their Families

Get matched with a mental health provider uniquely qualified to treat you.
No commute, no delays, just support.

CALL (866) 991-2103



Specialized Virtual Mental Health Care

Telemynd supports service members, veterans, military families, and all through the unique challenges of military life, including transitions, deployments, and returning home. We help address common concerns like anxiety, PTSD, and ADHD with fully virtual therapy and psychiatry, often available within days. Our flexible care removes barriers so you can access support from anywhere.

Covered By Your Insurance

Telemynd is in-network with **TRICARE**, **VA benefits**, and many major insurance providers, including **Aetna**, **Blue Cross Blue Shield**, **UnitedHealthcare**, **UMR**, and **Meritain Health**, so you can access care with confidence.

Who We Serve

We serve individuals covered by **TRICARE** and most **major insurance** providers, including:



Former Service Members



Military Spouses



Civilians



Military Children